

# Naturally Good

## Magazine

Issue 3  
Apr. - Jun. 2009



**BEWARE: The FDA's Irradiated Food Logo.**

*Doesn't it look innocent?*

**You may already be eating unlabeled radioactive foods.**

**Cutting For Fun,  
Profits, and Giggles:**

**Surgically Removing  
the Appendix,  
Spleen, and Tonsils  
— The Aftermath On  
Patients' Lives That  
They Never Mention**

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**Naturally Good Recipes  
With Andrea Corriher**

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**Amerika: Land Of The Lost**

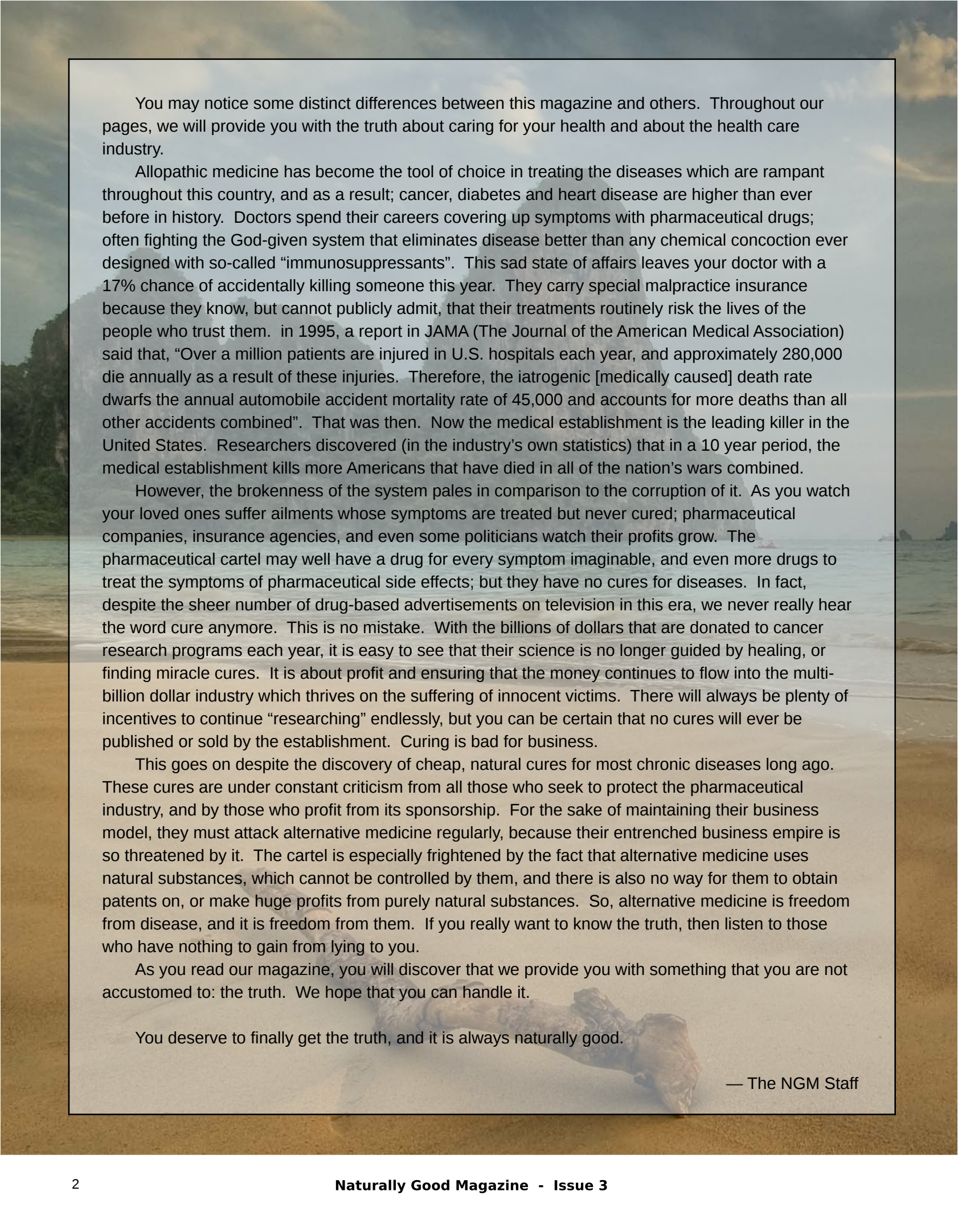
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You may notice some distinct differences between this magazine and others. Throughout our pages, we will provide you with the truth about caring for your health and about the health care industry.

Allopathic medicine has become the tool of choice in treating the diseases which are rampant throughout this country, and as a result; cancer, diabetes and heart disease are higher than ever before in history. Doctors spend their careers covering up symptoms with pharmaceutical drugs; often fighting the God-given system that eliminates disease better than any chemical concoction ever designed with so-called “immunosuppressants”. This sad state of affairs leaves your doctor with a 17% chance of accidentally killing someone this year. They carry special malpractice insurance because they know, but cannot publicly admit, that their treatments routinely risk the lives of the people who trust them. In 1995, a report in JAMA (The Journal of the American Medical Association) said that, “Over a million patients are injured in U.S. hospitals each year, and approximately 280,000 die annually as a result of these injuries. Therefore, the iatrogenic [medically caused] death rate dwarfs the annual automobile accident mortality rate of 45,000 and accounts for more deaths than all other accidents combined”. That was then. Now the medical establishment is the leading killer in the United States. Researchers discovered (in the industry’s own statistics) that in a 10 year period, the medical establishment kills more Americans than have died in all of the nation’s wars combined.

However, the brokenness of the system pales in comparison to the corruption of it. As you watch your loved ones suffer ailments whose symptoms are treated but never cured; pharmaceutical companies, insurance agencies, and even some politicians watch their profits grow. The pharmaceutical cartel may well have a drug for every symptom imaginable, and even more drugs to treat the symptoms of pharmaceutical side effects; but they have no cures for diseases. In fact, despite the sheer number of drug-based advertisements on television in this era, we never really hear the word cure anymore. This is no mistake. With the billions of dollars that are donated to cancer research programs each year, it is easy to see that their science is no longer guided by healing, or finding miracle cures. It is about profit and ensuring that the money continues to flow into the multi-billion dollar industry which thrives on the suffering of innocent victims. There will always be plenty of incentives to continue “researching” endlessly, but you can be certain that no cures will ever be published or sold by the establishment. Curing is bad for business.

This goes on despite the discovery of cheap, natural cures for most chronic diseases long ago. These cures are under constant criticism from all those who seek to protect the pharmaceutical industry, and by those who profit from its sponsorship. For the sake of maintaining their business model, they must attack alternative medicine regularly, because their entrenched business empire is so threatened by it. The cartel is especially frightened by the fact that alternative medicine uses natural substances, which cannot be controlled by them, and there is also no way for them to obtain patents on, or make huge profits from purely natural substances. So, alternative medicine is freedom from disease, and it is freedom from them. If you really want to know the truth, then listen to those who have nothing to gain from lying to you.

As you read our magazine, you will discover that we provide you with something that you are not accustomed to: the truth. We hope that you can handle it.

You deserve to finally get the truth, and it is always naturally good.

— The NGM Staff



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We are located in Mocksville, North Carolina (U.S.A.)

We welcome your questions and comments. We may even  
include you in an upcoming "Ask The Staff" feature if you give us  
your permission.



We thank David Dees ([deesillustration.com](http://deesillustration.com)) for graphical assistance with this issue.





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This advertisement got your attention, right?



# Silver: More Precious Than Gold



**1984 is now.**

It is illegal for us to tell you the truth about our colloidal silver solutions. No person may legally use the words 'cure' or 'treatment' to describe his product without F.D.A. approval, and they only grant this permission to their top partners in the pharmaceutical industry. If we used these words, then the F.D.A. would crash through our offices with armed federal marshals, and claim that our "therapeutic claims" were in violation of the federal Food, Drug, and Cosmetic Act. This is the standard procedure. We have already been warned, and they have already tried to criminalize us for merely allowing our customers to write their independent testimonials at our web site. There is no freedom of speech for those who threaten the FDA's pharmaceutical cartel. They even tried to force us into censoring our customers' speech as well.

You should do your own research to discover why they are working so feverishly to prevent you from learning about the health benefits of unpatentable colloidal silver, and its true history as a medicine. We consider silver a miracle substance.

We are no longer allowed to call silver solutions as medicine, and doctors are no longer allowed to prescribe them. History has been rewritten — so that it never happened. Along the way, you will likely find their dishonest warnings about the dangers of silver solutions, which apply only to the silver nitrate salts and large particle silver solutions that were produced by their own pharmaceutical industry, and which do not apply to **colloidal** silver solutions. They do not want you to know the distinction. They intentionally sow confusion by linking them.

**We can tell you...**

The Phoenicians, Greeks, Romans, Egyptians and peoples around the world used silver in one form or another to preserve food and water. In Europe during the Dark Ages, silver utensils, cups and bowls were utilized to aid in protecting the wealthy from the full brunt of pandemics. The expression "born with a silver spoon in their mouth" comes from these Dark Ages, when the wealthy gave their children silver spoons to suck on to ward off diseases. In the days of the settling of the American frontier, pioneers commonly used silver coins to retard the spoilage of milk and water.

The use of some silver preparations in mainstream medicine has survived until this modern age. Among them are the use of dilute silver nitrate in newborn babies' eyes to protect them from infection and the use of Silvadine, a silver based salve, in virtually every burn ward in America to fight infection. A silver coated nylon material was patented as Silvalon and licensed by the F.D.A. as an anti-microbial bandage. Clearly,

silver has historically been one of man's most reliable tools in supporting the immune system against various maladies, even before he knew what caused these maladies.

Today, silver is also being used in swimming pool filters, food cutting boards, bandages, and water filters for NASA. Scientific research and evidence indicates that if silver comes into contact with one-celled organisms, they will not survive. Evidence indicates that one-celled organisms do not have an intrinsic resistance to, nor can they through mutation (natural selection), or acquire any resistance to silver's anti-microbial actions, as they are often able to do with pharmaceuticals.

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Advertisement





# Chop Shop Hospitals

Cutting for fun, profits, and giggles: Surgically removing the Appendix, Tonsils, and Spleen

By Thomas Corriher, Managing Editor



## Allopathic (al·lo·path·ic) adj.

1. Describing a system of disease management using surgery and drugs to suppress the symptoms of disease.
2. Experimental medicine based on laboratory research, and sometimes referred to as science based medicine by its proponents.
3. Derogatory slang used by practitioners of traditional health therapies to describe doctors involved in disease symptom management.

According to the World Health Organization, the United States is ranked 38th in life expectancy, indicating that its standard medical practices are inferior to Cuba's, South Korea's, Costa Rica's, Guadeloupe's, Singapore's, and 31 other nations. The U.S. system of medicine is only slightly superior to the Czech Republic's, and Slovenia's, despite the U.S. spending approximately 16% of its total expenditures every year for health-related expenses. Standard medicine in the U.S. is the world's most expensive, and yet it is among the least safe.

## Creating Dependence — For Repeat Customers

There are plenty of medical procedures which are both unnecessary and dangerous. With most of them, a complete recovery is eventually possible provided that the patient steps away from the medical establishment, and begins taking care of his own health. There are, however, three very common surgical operations which make recovery to perfect health practically impossible, as well as limiting the effectiveness of future health therapies. These procedures leave their victims forever dependent on a system that is concerned primarily with ever increasing profits. These barbaric procedures *cripple the immune system*, making it unlikely that patients will ever be able to fully live healthy lives, and the establishment has misled us through its media influences into believing that random organ dysfunctions are unexplainable, normal, and incurable without surgical removal. With truly neanderthal-like logic, they have perpetuated a belief that some organs simply become "bad",



and that the best solution is hacking them out with knives. Society will someday mock these procedures in the same way that it now mocks other dated medical techniques, such as blood letting.

The three vital organs discussed herein play important roles in the immune system, and all three have been discarded as if they were useless by the medical profession, at one time or another. The removal of these organs depresses victims' immune systems, which means that even weak pathogens acquire the potential to be fatal in such compromised patients. *These operations carry special risks above other surgeries*, because the greatest cause of death following "successful" surgeries is secondary infections.

Tragically, it is most common for children to be treated in this way. Parents are characteristically afraid to question any surgical procedure that is doctor-recommended, for doctors already have a reputation for contacting child protective services in order to surgically remove parents who have enough character to dissent, so fear is actually



warranted. Throughout the whole process, no person is ever given informed consent, including the parents; since informed consent requires full disclosure of the whole truth — not just the bits considered politically expedient or required by the hospital's legal department.

When removed, all of these organs have been documented to grow back: some more often than others. It is fairly common for the tonsils to regrow, although they rarely achieve their previous size and efficiency. These are among the many signs that the human body knows much more about what it really needs than the "experts".

Two surgeons walk into a bar. They begin discussing a patient who they believe was given an unnecessary operation by one of their associates. The first surgeon says to the second, "What do you think the indication was for that guy's surgery"? His friend replied, "Probably the patient had a Blue Cross insurance card and a heartbeat".

## The Tonsils

In the 1970's, several million tonsillectomies were performed every year in America alone. These were purportedly done to prevent infections. They were almost always performed on children. Parents were assured that no

lasting harm would be done to their children, and that children would eventually become healthier from it. These operations were portrayed as the only option when antibiotics showed limited effectiveness subduing infections of tonsillitis. The allopathic medical establishment is finally admitting that the tonsils have an important role in human health.

The tonsils are composed of lymphoid tissues, which create white blood cells needed to fight infections. Therefore, they are a critical part of the immune system. The tonsils especially promote resistance to all infections that enter through the mouth or nose, before infections have an opportunity to go on to impact the entire body. This pathway, which the tonsils guard, is the most common route for infections to enter the body. Nevertheless, the allopathic medical establishment still performs 500,000 of these surgeries annually, despite a plethora of research proving that these surgeries are detrimental.

Removing parts of the body is something that we have come to expect from the orthodox medical establishment, because they are known for treating merely the symptoms of ailments, but never the causes. Removing two inflamed (ie. overworked) tonsils is the equivalent of removing smoke detectors because they are making too much noise. Members of the orthodox establishment have actually proudly paraded this stupidity as cutting-edge, modern medicine. It is as if *The Emperor Has No Clothes*.





Most shocking is the fact that surgeons usually wait until children are healthy to cut out their tonsils. They incredibly call this “preventative medicine”.

A surgeon’s knife has traditionally been used to cut out the tonsils, but electrocautery (a heated wire) has become an increasingly popular method. At one time, X-ray radiation treatments were used on children’s tonsils to shrink them via radiation poisoning. Then doctors realized that this process was greatly increasing their patients’ chances of developing thyroid cancer, as if it had been unknown to them that cancers are caused by radiation. Since this *treatment* was directly causing cancer, it is no longer used for tonsillitis; even though radiation is still actually used as a cancer treatment despite its known connection to causing cancer.

“Although at least 60% of children will be recommended to have a tonsillectomy, no more than 1 in 10,000 (0.01%) would actually require the operation.”

— Dr. Robert S. Mendlesohn, MD, 1984

Scientists, and some of the braver doctors, now wonder if the Polio Epidemic was caused by the high number of tonsillectomies done in the 1920’s, 30’s and 40’s. They discovered that the only organ in the body which synthesizes the antibody to Polio (Poliomyelitis) is the tonsils. Persons with removed tonsils have extreme difficulty resisting infections by the Polio Virus.

In the 1920’s, 30’s and 40’s, children’s tonsils were removed regardless of their health. This was supposedly done for the sake of preventive medicine against tonsillitis, since allopathic doctors were trained that the tonsils served no purpose. Traditional Chinese Medicine and Alternative Medicine had long recognized the tonsils as a crucial component of a strong immune system, but leaders of the orthodox medical establishment claimed that they needed scientific tests to prove that these internal organs were actually there for a reason, even as they continually ignored

**Iatrogenic** (i·at·ro·gen·ic) adj.

1. Describes a disease, injury, or death that has been caused by surgery or medicine.
2. Having been a consequence of medical treatment.

the consequences of removing them. This still is the unique version of *science* practiced by the A.M.A., and the damage done by Polio resulted from it.



## Don’t Call It Manslaughter: Those Were Just *Iatrogenic* Deaths

In the late 1930’s, further aggravating this situation was the newly created F.D.A.. It had quickly made it a priority to discourage the use of silver medical solutions, which were competing with its freshly created antibiotics industry. Prior to the industry-wide adoption of the new synthetic, sulfur-based, antibiotic medicines, silver solutions were considered critical, all-natural, and non-toxic medicines, which were fatal to viruses such as Polio. Therefore, the Polio Epidemic was iatrogenic — caused by the medical establishment.

The epidemic began thusly: First, most children had their tonsils removed, and then silver was removed from the medicines, eliminating the defenses which had kept Polio at bay for decades. The FDA’s new lucrative industries of

vaccinations and antibiotics were subsequently born, and these were promoted through the public hysteria which it had itself played an important role in generating for its industry partners. Unfortunately, for the rest of us, a 1-2-punch combination of Polio was unleashed upon the American population, and the rest of the world. The drug scheme was a resounding success, and now their industry is the most lucrative of all, even surpassing military spending. It is perhaps an even greater tragedy that most of the world was conned into following America's example of how to combat illness, and world-wide an epidemic was born.

“During the polio epidemics it was found that people who had their tonsils removed were 3-5 times more likely to develop paralysis... There were many at that time that suggested that polio was an iatrogenic disease [caused by the medical establishment] ... we caused thousands of cases of paralysis. We did not cause the polio, but we converted people who would have recovered from a viral illness into people with a paralytic illness.”

— Dr. Mark Donohoe

The risks of crippling children's immune systems through surgery, and thereby making them especially vulnerable to viruses has been ignored. After all, surgery is the quick fix, which temporarily suppresses the symptoms, and it is also very profitable.

A study performed at the University Medical Center in Utrecht, the Netherlands, showed that removing the tonsils does not decrease the chances of getting ill with a sore throat or cure sleep apnea in the long term.

In almost every case, alternative treatments would be more effective, eliminate all of the risks associated with the surgeries, and leave the children with stronger, more-able immune systems for the future. Who knows when the modern version of Polio will come around again to be aided by the very industry entrusted to stop it.

If you, or your child gets tonsillitis, remember that it is usually very treatable before opting for surgery. While antibiotics are a better option than surgery, these also place tremendous stress on the body, and make it more likely that

a patient will experience a repeat episode in the future.

Even modern antibiotics are synthesized compounds that are based on naturally occurring toxins, such as molds, and these wholistically attack the entire body in much the same way that radiation used to treat cancers poisons the entire body. Some of the toxic antibiotic compounds and impurities can remain in the body for years, crippling the overall immune system, and causing toxic candida yeast overgrowth with allergies. Like in the case of cancer treatments, doctors claim that their antibiotics (toxins) are at



“safe levels”, which are just poisonous enough to kill the unwanted pathogens, but they are not strong enough to cause any harm to the body. No person's long-term health has ever benefited from poisoning them at “safe levels”, even though the short-term gains may make such treatments tempting for most of us. In life-threatening illnesses, however, one should use every available tool.

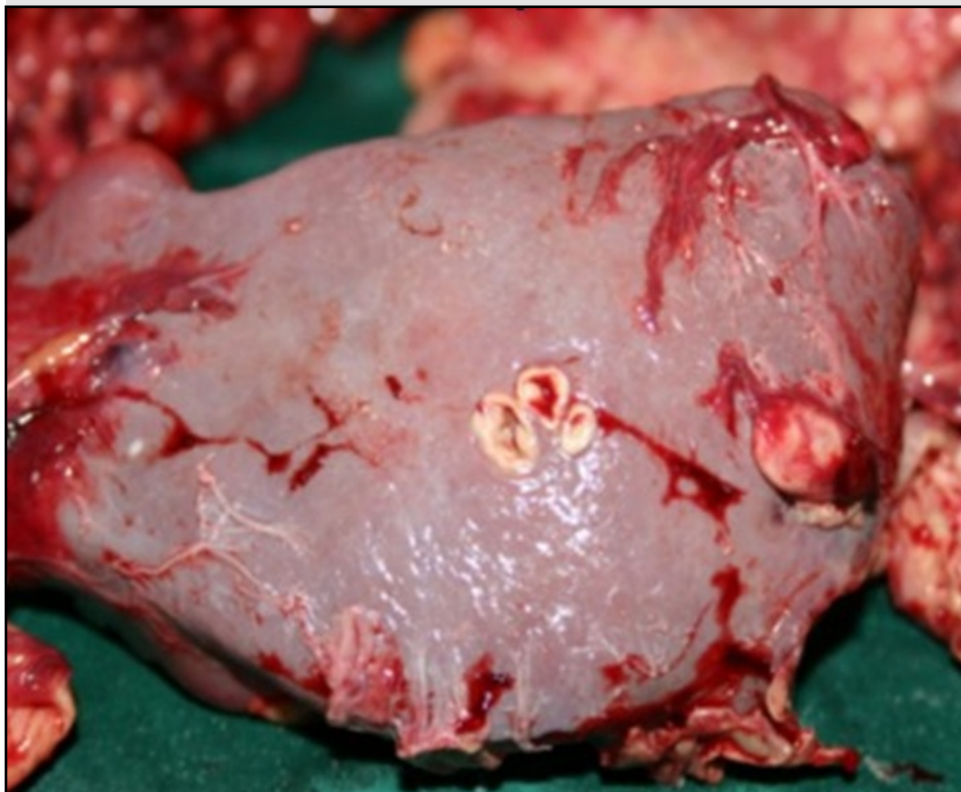
Generally speaking, inflamed tonsils and tonsils that cause sleep apnea are easily curable. [Someone suffering with infections of the tonsils should make certain to eat a better diet, and emphasize plenty of sulfur proteins. Sulfur is stored in the tonsils, and it is utilized by them to fight infections. Foods containing sulfur proteins include eggs, cottage cheese, poultry, fish, yogurt, and beans.](#)

The following useful supplements can be found in herbal and health food stores to help with routine tonsillitis:

Zinc, Echinacea, Goldenseal, Sage, White Oak Bark (Gargle), Colloidal Silver (Gargle and ingestion)



The NGM Staff particularly recommends gargling with a high-quality colloidal silver solution containing cayenne pepper and sea salt. Remarkably, cayenne pepper has a numbing effect, and has surprisingly little 'hotness' when used purely in a gargle solution.



## The Spleen

Except in the most exceptional of cases, the spleen should not be removed. It has an essential role in fighting infections as a major component of the immune system. The medical establishment has only just begun recognizing some of the consequences of removing the spleen, and therefore, people are now given vaccines prior to its removal, in order to mitigate the risks. In the very strained logic of orthodox medicine, vaccines will hopefully help patients' bodies fight diseases easier, to compensate for the fact that a critical part of the immune system is being removed. Of course, the vaccines are used to prepare patients' immune systems for attacks, but these vaccines are rather useless, since a large part of that same immune system has been intentionally sliced out. That is, even if you follow the logic spouted by the industry about the benefits of vaccines.

There are several justifications for why the spleen is

removed, and almost all of them are based merely on the secondary symptoms that are exhibited by the spleen. An inflamed, or malfunctioning spleen, is just a symptom of another, greater problem, that is usually ignored by orthodox doctors. For example, with the condition known as Idiopathic

Thrombocytopenic Purpura (ITP), platelets in the blood are destroyed too early by the spleen, and by the rest of the immune system. In these cases, it is far more likely that there is a problem with the sterility and oxygenation of the blood (or pH) than of an organ randomly malfunctioning, or there being a rebellious rogue organ. If we are to follow true scientific principles, then we must accept that all things have a cause and an effect; so organs do not fail at random anymore than we have organs in our bodies without a purpose. Everything has a cause, and the root causes of modern diseases can almost always be linked to toxic diets and modern medicines.

In many cases, a spleen has been removed simply because it was "in the way" when surgeons were trying to operate on another organ in the surrounding area. They really are butchers, and do not concern themselves with the long-term effects of these procedures. It is not uncommon for surgeons to remove something that functions perfectly, and then cover themselves by claiming that their actions were "preventative". Do not believe any of it, because they are much more concerned about lawsuits than your health.

In our research on splenectomies, we have found only one reasonable reason to remove it, which occurs when the spleen is ruptured as the result of a traumatic injury. These are most commonly the results of car accidents. Even in these cases, it is usually possible to stitch the spleen back together for the sake of leaving it intact. Unfortunately, this takes longer, has more legal liability risks for the hospitals, and frankly, they very often just do not care. The quick and easy approach is preferred. After all, the spleen could start a rebellion someday, and this is what the hallowed *science* of modern medicine tells us.

“For instance, in 1976, at the height of the post-Watergate reform era, Congress mounted a major investigation into unnecessary surgeries. It found that in 1974, physicians had performed 2.4 million unnecessary operations, resulting in a price tag of nearly \$4 billion and 11,900 deaths. In Dr. Leape’s study 13 years later, he calculated that the rate of unnecessary surgeries performed in the United States ranged from 13 percent to 32 percent, largely dependent on geographical location. If the definition was broadened to include procedures of ‘equivocal’ efficacy, the rate rose to 64 percent. It’s been just over 30 years since that first (and last) congressional investigation, and in that time the numbers have remained disturbingly steady. Estimates from the Rand Corporation place the current rate of unnecessary surgery at 30 percent. Conservative extrapolations indicate that, in 2004, 6 million unnecessary surgeries had been performed, at a cost of \$19 billion.”

— John Brant

You may wish to try these methods for correcting spleen dysfunction, for a spleen can eventually repair itself in the overwhelming majority of cases:

Avoidance of greasy foods, Avoidance of excessively spicy foods, Licorice supplements, Ginger supplements, Milk Thistle supplements, Heated Castor Oil Trans-dermal Packs over Spleen Area

## The Appendix

The appendix has been dismissed by the medical establishment for decades as an organ with no use. Some evolutionists have proposed that the appendix was originally used to help us digest grass, which suggests that we have a heritage with herding animals. Other scientists have

suggested that the appendix may have had a use when we were infants, but later in life it became just a piece of flesh that could be removed with no adverse effects. They are, of course, so very wrong. It has very recently come to light that the appendix plays a critical role in the human immune system, and removing it leaves victims at the mercy of many pathogens, as well as many of our modern and relatively man-made epidemics, including cancer.

Chinese medicine acknowledged the importance of the appendix thousands of years ago. The allopathic establishment, which was born in the beginning of the 1900’s from Rockefeller funding, chose not to listen. Ironically, allopathic doctors could not find a cause for the appendix, and then merely ignored the effects of removing it, which proved to them via their unique version of *science* that there was no use for it. A person must apparently study allopathic pharmaceuticals for 12 years to really appreciate and understand this logic.



An appendectomy may cost up to \$40,000. This is a sizable payment for an hour’s work, even when the spoils must be split with the hospital, and the attending M.D..



Meanwhile, they have removed this organ from millions of people, and then later gallingly blamed pneumonia and other infections for the deaths of their patients. We will never know how many people unnecessarily died early deaths because this organ was removed during surgery, which was often supposedly done as a preventative measure. This shows the vast difference between the allopathic definition of preventative medicine, and the one used in holistic medicine. Experimental medicine’s idea of preventative medicine involves butchering parts of the body to ensure that they cannot become diseased. That is not health care. It is a form of manslaughter.

In cases when experimental medicine is not attempting to prevent illnesses, it also removes organs due to inflammation, or even bacterial overgrowth. In most cases, the removal of an appendix is absolutely unnecessary. There are alternative treatments, even with orthodox pharmaceuticals, but these are scarcely used. Removal is the quicker and easier path to eliminate the symptoms. Numerous studies, especially in recent years, have





concluded that non-surgical approaches are just as effective at treating an appendicitis as an appendectomy. Non-surgical approaches also eliminate the primary risk after an appendicitis, which is infections. Infections are extremely dangerous following these surgeries, because the patients' bodies are missing a crucial part of their immune systems. (We hope our readers are clearly seeing the pattern.)

There are at least 61 studies showing that immediate surgery is associated with a higher mortality when compared with nonsurgical treatments. Removing the appendix in patients over the age of 40 is a known cause of colon cancer. There is no test which is 100% accurate in the diagnosis of appendicitis, so it is not uncommon for a surgeon to realize that an appendix is fine during surgery, but yet remove it anyway. All of this is done in the name of prevention, while yet ignoring the actual cause and effect relationships of its removal.

A study at the Kerman University of Medical Sciences revealed that removal of the appendix is not advisable, even in high-risk cases. The researchers discovered that simply draining the appendix was very effective in both the treatment and prevention of appendicitis, and removal was not necessary in any of their test cases. In the standard

approach, the establishment is very quick to solve the aggravating symptoms, and send patients home so that they can be sent an immediate invoice.

Most modern doctors do not understand the cause of ailments. In fact, recent T.V. commercials would have us believe that inflammation is the underlying cause for conditions of asthma inflammation. The industry simply does not get it, or it just remains too unprofitable to do so.

Appendicitis is something that is very unlikely to occur in persons with a good diet, and who get some exercise.

In the event that you suffer from an inflamed appendix, you may wish to try these alternative treatments:

- Immediate liquids-only (juicing) diet
- Dandelion - Natural Antibiotic
- Wild Indigo - Natural Antibiotic
- Echinacea - Immune stimulant
- Slippery Elm - Soothes Inflammation
- Chamomile - Soothes Inflammation
- Cherry Extract - Soothes Inflammation
- Zinc - Immune boost and helps to hasten healing
- Place a ginger trans-dermal pack over the appendix
- Internally take colloidal silver (use liberally) - Natural Antibiotic



## Prologue

While traditional medicines have the capacity and experience to cure all of our common ailments, allopathic doctors tend to be more concerned with protecting their lucrative business model. It is for this reason that they barbarically continue to use radiation, chemotherapy, and the removal of organs in the name of medicine. Removing the tonsils, spleen, or appendix creates a profitable lifetime “consumer”, who will return with numerous ailments throughout his life, because his body will no longer be able to effectively fight the pathogens that it encounters. Unfortunately, this seems to be part of the plan. It explains why alternative therapies are constantly under attack by the media sources, which are primarily sponsored by the pharmaceutical industry, and the medical establishment which is jealously protecting its multi-billion dollar business. Imagine the media coverage if chiropractors had caused the same damage during the polio epidemics that were caused by the allopaths. It would have been their excuse to shutdown chiropractic therapy. The evidence is mounting that surgeries are often related to following a business plan more-so than they are about improving health.

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*Readers should notice a general pattern here, that most of this research comes from outside of the United States, because only in other countries is it professionally safe to conduct research that is threatening to the “science” of allopathic medicine.*

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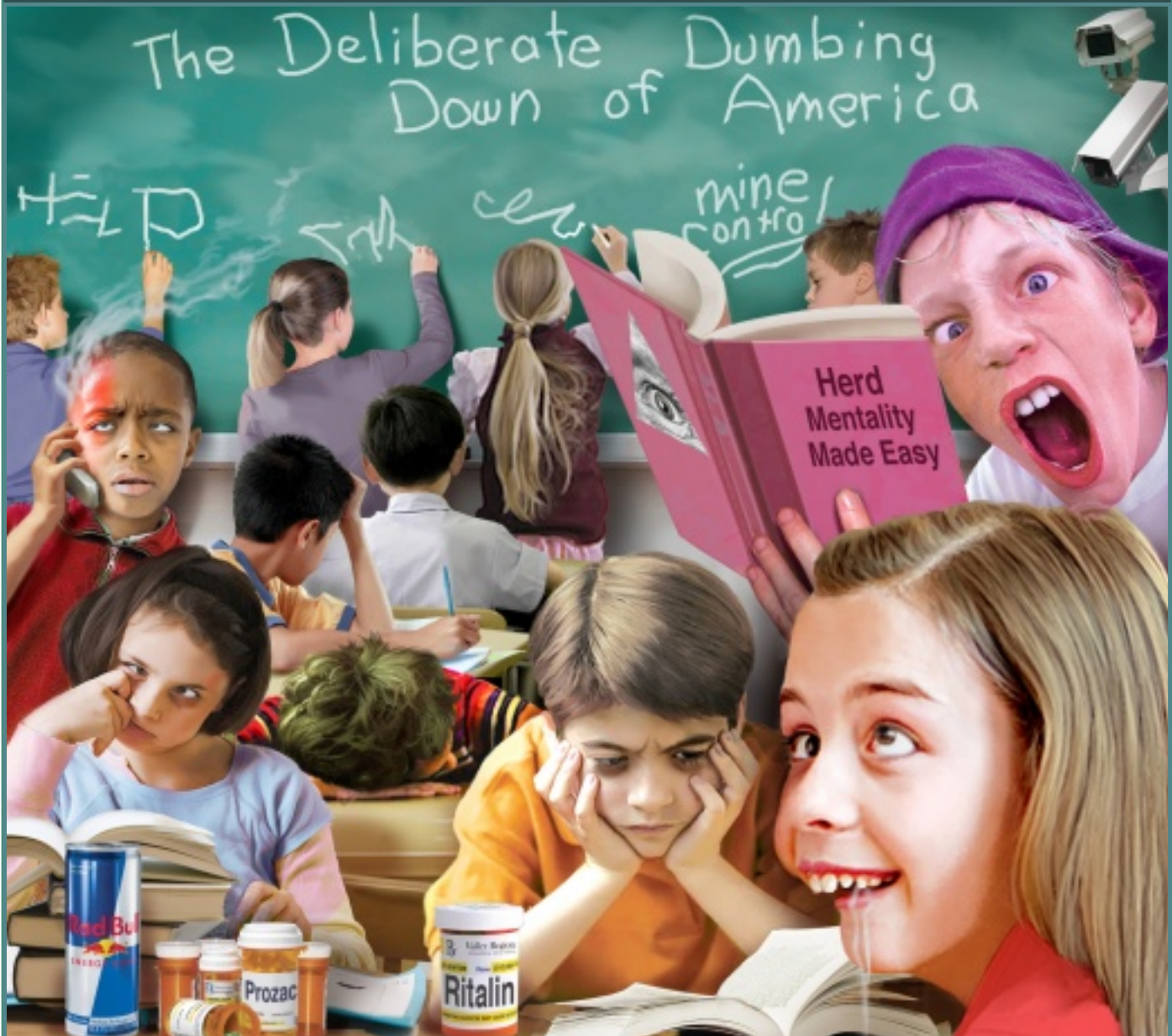
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# How Teenage Rebellion Has Become a Mental Illness

By Bruce E. Levine, Ph.D.



"What happens to the self-confidence and dignity of a young child when he is told by every adult that there is something wrong with him? How quickly does the obsessive focus on fixing his every weakness destroy his curiosity and development of his strengths? How can a child feel empowered when he is told he cannot be successful without the help of a pill that changes who he is?"

— Unknown

## Big pharma has some new customers. Not complying with authority is now, in many cases, labeled a disease.

For a generation now, disruptive young Americans who rebel against authority figures have been increasingly diagnosed with mental illnesses and medicated with psychiatric (psychotropic) drugs.

Disruptive young people who are medicated with Ritalin, Adderall and other amphetamines routinely report that these drugs make them “care less” about their boredom, resentments and other negative emotions, thus making them more compliant and manageable. And so-called atypical antipsychotics such as Risperdal and Zyprexa — powerful tranquilizing drugs — are increasingly prescribed to disruptive young Americans, even though in most cases, they are not displaying any psychotic symptoms.

there would be an all-out effort to have him medicated; and he certainly wouldn't have been alone. In school, Thomas Edison's thoughts often wandered and his body was perpetually moving in his seat. His teacher said he was unruly and too stupid to learn anything... Walt Disney had several of the characteristics used to diagnose ADHD, as did Alexander Graham Bell, Leonardo da Vinci, Mozart, Henry Ford, Benjamin Franklin, Abraham Lincoln, and the Wright Brothers. The list goes on... every one of these great minds and thousands of others like them would probably have been labeled with a mental disorder and put on Ritalin if they had gone to grade school today... What about our children? Do we want to stunt their initiative and creativity by drugging them?”

— Dr. Erwin Gemmer



“Albert Einstein, if he had been born in the last decade or so, would have perfectly fit the profile of someone having attention deficit and supposedly needing Ritalin. He didn't speak until he was 7; his teacher described him as mentally slow, unsociable, and adrift in his foolish dreams. You can rest assured that today

Many talk show hosts think I'm kidding when I mention oppositional defiant disorder (ODD). After I assure them that ODD is in fact an official mental illness — an increasingly popular diagnosis for children and teenagers — they often guess that ODD is simply a new term for juvenile delinquency. But that is not the case.

Young people diagnosed with ODD, by definition, are doing nothing illegal (illegal behaviors are a symptom of another mental illness called conduct disorder). In 1980, the American Psychiatric Association (APA) created oppositional defiant disorder, defining it as “a pattern of negativistic, hostile and defiant behavior.” The official symptoms of ODD include “often actively defies or refuses to comply with adult requests or rules” and “often argues with adults.” While ODD-diagnosed young people are obnoxious with adults they don't respect, these kids can be a delight with adults they do respect; yet many of them are medicated with psychotropic drugs.

An even more common reaction to oppressive authorities than overt defiance is some type of passive defiance.



John Holt, the late school critic, described passive-aggressive strategies employed by prisoners in concentration camps and slaves on plantations, as well as some children in classrooms. Holt pointed out that subjects may attempt to appease their rulers while still satisfying some part of their own desire for dignity “by putting on a mask, by acting much more stupid and incompetent than they really are, by denying their rulers the full use of their intelligence and ability, by declaring their minds and spirits free of their enslaved bodies.”



Holt observed that by “going stupid” in a classroom, children frustrate authorities through withdrawing the most intelligent and creative parts of their minds from the scene, thus achieving some sense of potency.

**“In 1987, ‘Attention Deficit Hyperactivity Disorder’ (ADHD) was literally voted into existence by the American Psychiatric Association (APA) and enshrined in the DSM-III-R (third edition-revised). Within one year, 500,000 children in the U.S. alone were diagnosed with this affliction created by a vote — a show of hands.”**

— Citizens Commission on Human Rights

Going stupid — or passive aggression — is one of many nondisease explanations for attention deficit hyperactivity disorder (ADHD). Studies show that virtually all ADHD-diagnosed children will pay attention to activities that they enjoy or that they have chosen. In other words, when ADHD-labeled kids are having a good time and in control, the “disease” goes away.

There are other passive rebellions against authority that have been medicalized by mental health authorities. I have talked to many people who earlier in their lives had been diagnosed with substance abuse, depression and even schizophrenia but believe that their “symptoms” had in fact been a kind of resistance to the demands of an oppressive environment. Some of these people now call themselves psychiatric survivors.

While there are several reasons for behavioral

disruptiveness and emotional difficulties, rebellion against an oppressive environment is one common reason that is routinely not even considered by many mental health professionals. Why? It is my experience that many mental health professionals are unaware of how extremely obedient they are to authorities. Acceptance into medical school and graduate school and achieving a Ph.D. or M.D. means jumping through many meaningless hoops, all of which require much behavioral, attentional and emotional compliance to authorities —

even disrespected ones. When compliant M.D.s and Ph.D.s begin seeing noncompliant patients, many of these doctors become anxious, sometimes even ashamed of their own excessive compliance, and this anxiety and shame can be fuel for diseasing normal human reactions.

Two ways of subduing defiance are to criminalize it and to pathologize it, and U.S. history is replete with examples of both. In the same era that John Adams’ Sedition Act criminalized criticism of U.S. governmental policy, Dr. Benjamin Rush, the father of American psychiatry (his image adorns the APA seal), pathologized anti-authoritarianism. Rush diagnosed those rebelling against a centralized federal authority as having an “excess of the passion for liberty” that “constituted a form of insanity”. He labeled this illness “anarchia”.

Throughout American history, both direct and indirect resistance to authority has been diseased. In an 1851 article in the New Orleans Medical and Surgical Journal, Louisiana physician Samuel Cartwright reported his discovery of “drapetomania,” the disease that caused slaves to flee captivity. Cartwright also reported his discovery of “dysaesthesia aethiopis,” the disease that caused slaves to pay insufficient attention to the master’s needs. Early versions of ODD and ADHD?

In Rush’s lifetime, few Americans took anarchia seriously, nor was drapetomania or dysaesthesia aethiopis taken seriously in Cartwright’s lifetime. But these were eras before the diseasing of defiance had a powerful financial ally in Big Pharma.

In every generation there will be authoritarians. There will also be the “bohemian bourgeois” who may enjoy anti-authoritarian books, music, and movies but don’t act on

them. And there will be genuine anti-authoritarians, who are so pained by exploitive hierarchies that they take action. Only occasionally in American history do these genuine anti-authoritarians actually take effective direct action that inspires others to successfully revolt, but every once in a while a Tom Paine comes along. So authoritarians take no chances, and the state-corporate partnership criminalizes anti-authoritarianism, pathologizes it, markets drugs to "cure" it and financially intimidates those who might buck the system.

It would certainly be a dream of Big Pharma and those who favor an authoritarian society if every would-be Tom Paine — or Crazy Horse, Tecumseh, Emma Goldman or Malcolm X — were diagnosed as a youngster with mental illness and quieted with a lifelong regimen of chill pills. The question is: Has this dream become reality?

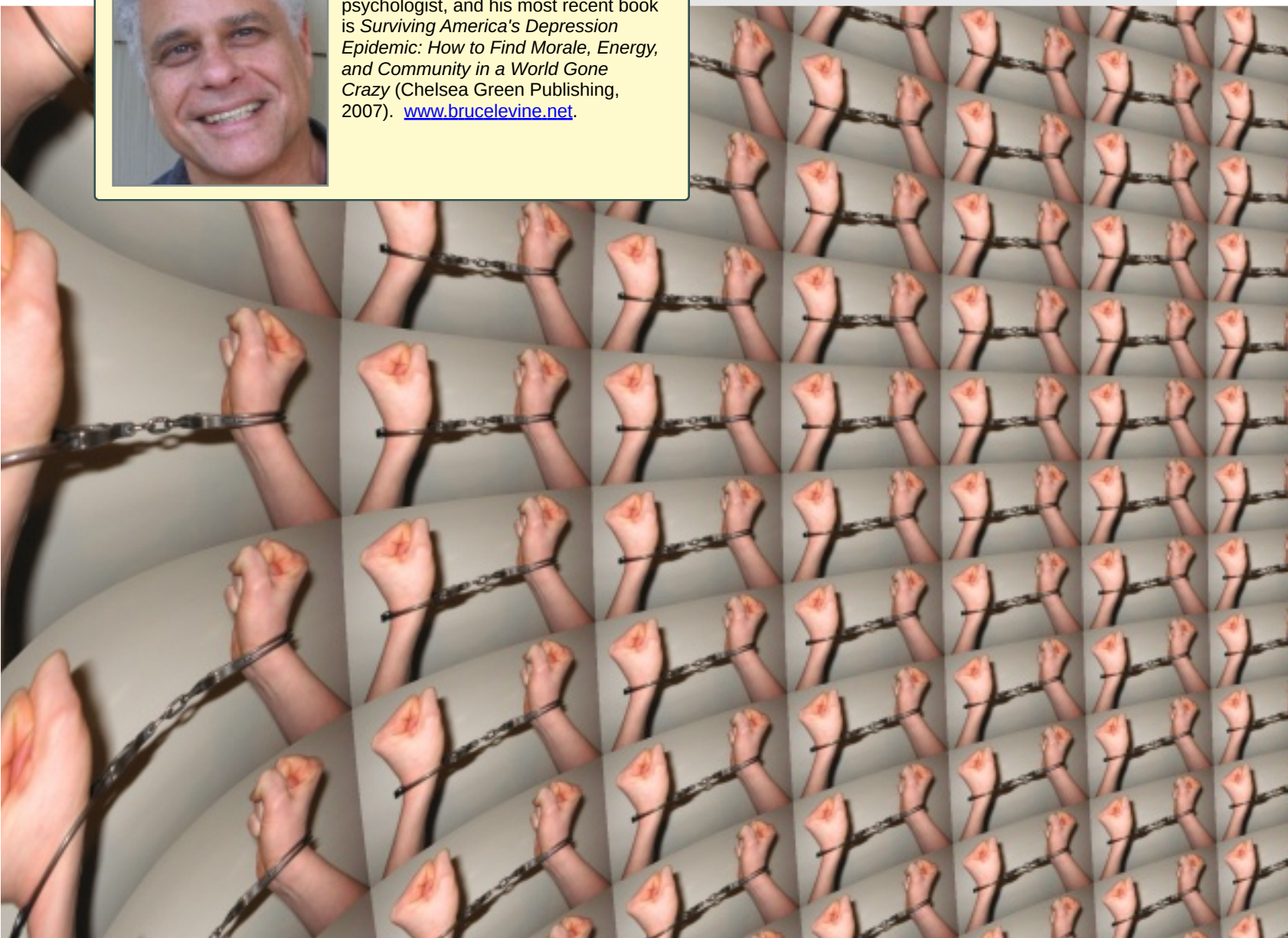


#### About Bruce Levine

Bruce E. Levine, Ph.D., is a clinical psychologist, and his most recent book is *Surviving America's Depression Epidemic: How to Find Morale, Energy, and Community in a World Gone Crazy* (Chelsea Green Publishing, 2007). [www.brucelevine.net](http://www.brucelevine.net).

"I wrote to the Food and Drug Administration (FDA), the Drug Enforcement Administration (DEA), to Ciba-Geigy (manufacturer of Ritalin), to Children and Adults with Attention Deficit Disorders (CH.A.D.D.) and four times to leading ADHD researchers at the National Institute of Mental Health, requesting that they direct me to one or a few articles in the peer-reviewed, scientific literature that constitutes proof of a physical or chemical abnormality in ADHD, thus making it a 'disease'. I have yet to receive anything which would constitute proof of an abnormality — one that could be tested for patient by patient — one proving that we are not drugging entirely normal children."

— Dr. Fred Baughman, Neurologist





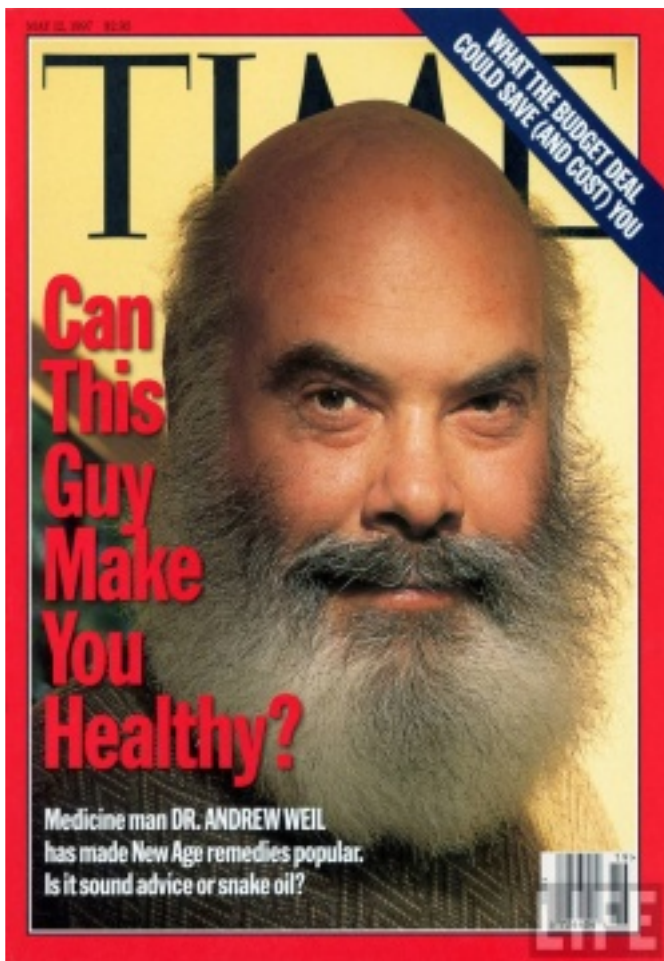


Dr. Andrew Weil

*Whose Side Is He Really On?*

Investigative Report

By Sarah Cain, Staff Writer



## Dr. Andrew Weil

Andrew Weil (pronounced “while”), M.D., is a professor at the University of Arizona specializing in integrated medicine, which is the unique version of health care he created that combines allopathic medicine with nutritional therapies. Dr. Weil is also a supplement spokesperson, and a prolific author. The doctor is an icon for organic products and herbal supplements, a media darling, and the self-appointed leader of the alternative health movement. As if all that were not enough, Andrew also has his own private medical practice, and is a proud graduate of Harvard University. Nowadays, one cannot stroll the isles of most health related retailers without seeing his face in all directions. These may be tough times for the rest of us, but business is great for Dr. Weil. At the beginning of his career, Weil lived on a South Dakota Indian reservation, where he studied herbal medicine and ritual healing with a Lakota medicine man named Leonard Crow Dog. In his 1972 book, *The Natural Mind*, Weil demonstrated his shaman influence by criticizing American drug policy and revealing his

fondness for states of altered consciousness induced by psychedelic drugs, hypnosis, and meditation.

## A Media Darling

The N.G.M. Staff has spent a great deal of time following and researching Dr. Weil's work. While much of what he has done is to be applauded, it is nevertheless true that much of what we discovered was so disturbing that we felt it was our duty to go public with it. Considering our findings upon the backdrop of his allopathic medical heritage caused us to wonder if he may be covertly aiding the opponents of alternative medicine by very publicly practicing it in a manner which ultimately discredits it. He has certainly been placed in an excellent position to do this by the long-standing enemies of the alternative health movement — mainstream media and publishing houses — whose funding from the pharmaceutical industry exceeds all other sponsors combined. We were flabbergasted by the fact that media outlets which have had an open policy of mockingly suppressing and marginalizing naturopathic and holistic health therapies are yet so willing to aggressively promote Dr. Weil, and we remember the original meaning of the phrase, “a house divided cannot stand”. These uncomfortable speculations about the M.D. are based upon an unmistakable pattern exposed here.

**“Keep your friends close, and your enemies closer.”**

— Sun-Tzu

The safest, and easiest route for our publication would be, of course, to simply look the other way, as all of our peers have done. We are, however, striving for significantly higher journalistic standards and ethics. To contrast the difference, Time Magazine featured Dr. Weil not once, but twice on its cover, for issues which were largely dedicated to him. One of the articles confessed that Time Magazine was a partner corporation of Time New Media, which was bargaining with Weil for an affiliation with his website. Readers can be certain that Naturally Good Magazine will not be an affiliate of Dr. Weil's corporate network anytime soon.



## FUD: It Happened First In The Software Industry

Our readers may remember, not so long ago, that during the so-called dot-com era, technology and Internet-based services were growing exponentially at a rate never before seen in any modern industry. In the span of less than 10 years, we went from using the postal system and VHS video tapes to real-time streaming video, e-mail, and the mother of them all: the world wide web. Business in the tech industry was good, and I mean *really* good. Many of the meekly software companies quickly grew into titanic international corporations with billions of dollars flowing into them every year; and with no end in sight. It was an era fueled by incredible technological innovations by thousands of corporations and private projects. Foremost of the young mega-corporations was Microsoft. Greed got the better of them, and during the middle 1990's, Microsoft found itself in a federal court pile-on of epic proportions fighting anti-trust charges concerning it having illegally used its monopoly power to stifle competition. The charges were all true, and one of the most inflammatory of its predatory practices came to be known as 'FUD'. The term FUD in technical circles represents the practice of spreading fear, uncertainty, and doubt about competitors' products, while pretending to be those competitors. Microsoft pioneered this practice when it hired a marketing team to pretend to be advocates of its top software rival, Linux. They half-heartedly pretended to promote Linux at various Internet sites and in letters to editors, but they would also simultaneously spread fear, uncertainty, and disinformation about Linux in these writings, since Microsoft employees would have otherwise been recognized for having an obvious bias. They would post comments like, "Linux software is great, but there are so many security weaknesses with the software that it is hardly ready for the prime time". Microsoft executives had realized that fear and uncertainty are the most powerful weapons for destroying new competition. Over time, this phenomena was noticed by the web site administrators, because the questionable postings were

traced back to the same locations, and it was noticed that all of them were written in a very similar manner. Unfortunately, Microsoft's campaign of FUD against competition successfully ended the dot-com era. Technological progress stalled as a result, and that was their intent.

FUD is no longer just a problem of the software industry, and it is the surest way to prevent competition to established industry giants.

## Andrew Weil's Corporate Partner: Drugstore.com



We do not have any information about Dr. Weil's other corporate partners, for Dr. Weil has made none of this information public. We became aware of Weil's business relationship with drugstore.com only because court-filed legal papers are public records. There is no way of knowing how many other pharmaceutical-related partners Dr. Weil has.

Casewatch.com reported the following from the records of the lawsuit of Brownstein Hyatt & Farber, P.C. on behalf of drugstore.com in the case of drugstore.com, Inc. v. Dr. Andrew Weil, and Weil Lifestyle LLC. "Drugstore.com is suing Andrew Weil, M.D. and Weil Wellness LLC for breach of a contract... the contract called for 'honorary' payments totaling \$1.6 million to Weil and minimum royalty payments totaling \$12.4 million to the company from September 2003 through June 2008. Drugstore.com began featuring Weil's advice and products in October 2003, but the suit charges that he failed to 'make commercially reasonable efforts' to promote what was covered by the agreement. The 'Vitamin Advisor' uses an online questionnaire to promote 'personalized products' said to be 'based on your specific health concerns'."

Sales Commissions and makes a monthly donation to the Foundation..." Drugstore.com has paid in excess of \$3.9 million in Monthly Sales Commissions, Donations, and Quarterly True-Ups ('Royalties'). In addition to these amounts, drugstore.com also pays a monthly Honorarium directly to Weil.

"I don't get money from the vitamins that I make. My after-tax profits go to a foundation that supports integrative medicine."

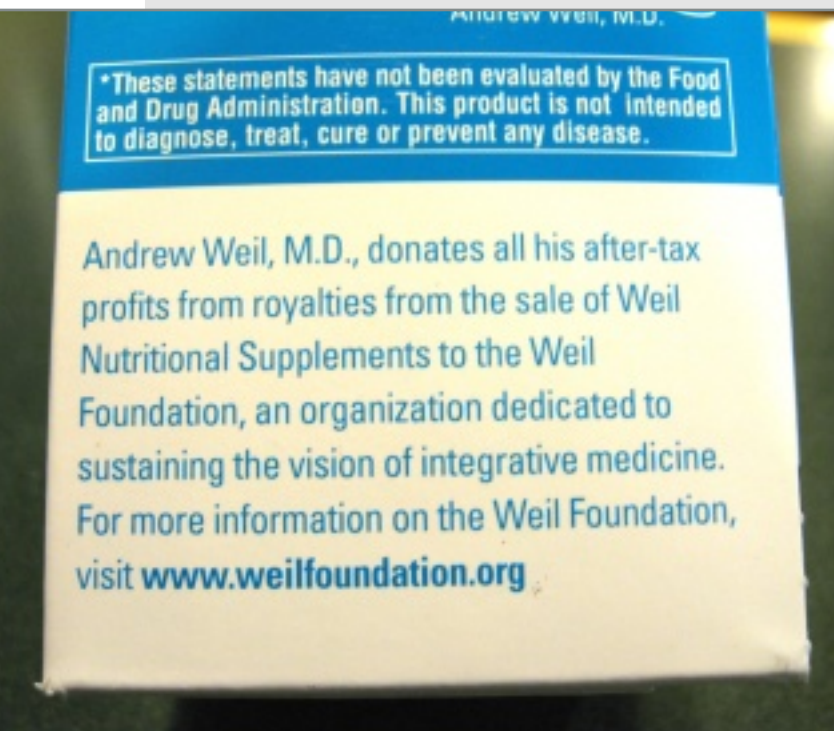
— Andrew Weil

## The Weil Foundation

We have been led to believe that Dr. Weil does not profit from his sponsorships and his outrageously priced nutritional supplements, since he allegedly donates all of this income into the Weil Foundation.

The Weil Foundation is registered with the IRS as a 501(c) (non-profit charity) making it exempt from federal income taxes. The name of this foundation is no coincidence; for all intents and purposes, Dr. Weil has been donating the money to — himself. He donates to this "charity", and thereby is entitled to automatically get a sizable portion of the taxes that were paid on this income refunded by the IRS for his *charitable giving* — to himself no less. Dr. Weil frequently boasts about the fact that he pays taxes on that income before it is *donated*. This has been going on for many years, so it is likely that Andrew Weil has some powerful friends in government.

As expected, publicly available financial numbers for the Weil Foundation are virtually non-existent, which is something unfound in legitimate public charities. We were able to gather some information from Weil's own Internet site for the year of 2007. The foundation's major benefactors for 2007 were the Arizona Center for Integrative Medicine at the University of Arizona in Tucson @ \$300,000, and the University of Arizona Foundation in Tucson @ \$250,000. By the way, did I forget to mention that the University of Arizona is Dr. Weil's employer? It is amazing what can be accomplished with creative accounting. We can be certain that Dr. Weil's job security with the University of Arizona is rock solid, and never misses a promotion.



According to papers submitted to the court, the Advisor Program was developed by drugstore.com, Weil, and members of his Science Advisory Board. The lawsuit prosecution further noted, "Pursuant to the Agreement, Weil Lifestyle and Weil agreed to promote various aspects of the parties' business relationship and to cooperate with drugstore.com's operation and marketing of its online stores and services. In exchange, drugstore.com agreed to make monthly payments to Weil, Weil Lifestyle, and a foundation established by Weil Lifestyle ('The Foundation'). Pursuant to the Agreement, drugstore.com pays Weil Lifestyle Monthly



“The Weil Foundation received nothing from Weil or his company in 2003 and 2004, according to the most recent tax returns the foundation filed with the Internal Revenue Service. Yet during that period, drugstore.com was contractually obligated to pay Weil and Weil’s company some \$2.5 million. Maybe the money was swallowed up in expenses before the after-tax profits were computed. Or maybe when Weil says ‘I don’t get any money from the vitamins I make,’ he’s not including any salary or consulting fees his company may pay him. Or perhaps Weil is saving it all up to make a lump-sum donation later. We tried to find out, but Weil didn’t respond to repeated requests to his publicist, public relations firm, and foundation to talk about his marketing deals. In any case, Weil could have been more forthcoming about the foundation with the *Today Show* audience. When he said that ‘my after-tax profits go to a foundation that supports integrative medicine’, he could have mentioned that the foundation’s primary beneficiary is Weil’s own program at the University of Arizona.”

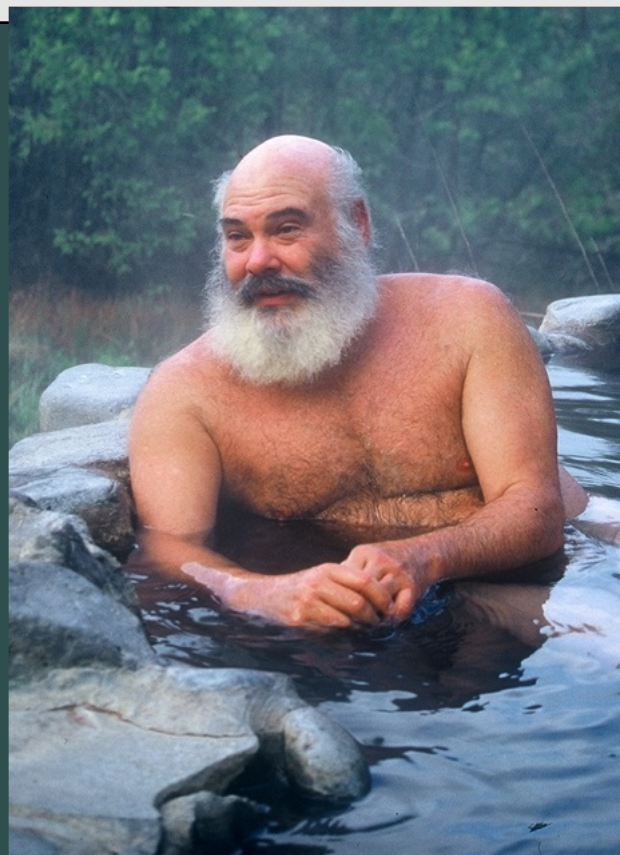
— Nutrition Action Health Newsletter

## Dr. Weil’s Back-Handed Assault On Alternative Medicine

Andrew Weil hopes to eventually force all naturopathic practitioners to hold at least a 4-year degree and to be licensed. Those who practice alternative health care would be forced to become the very people that they have been trying to escape from. It would wrest control of alternative medicine into the hands of the American Medical Association if naturopathic and holistic healers were indeed required to be licensed by the same medical schools that teach orthodox medicine. It would constitute Dr. Weil’s great gift to Big Pharma and to the A.M.A..

The conflict of interest is massive, since he is the

creator of integrative medicine, a college medical professor teaching it, and is now promoting the mandatory integration of his integrative medicine into the medical schools, while attempting to force alternative practitioners to be licensed through his own system. Despite the altruistic media image that has been constructed for Dr. Weil, it all looks a little too self-serving.



### The model of ideal health?

Licensing means regulation, and you can bet your life that alternatives would be soon regulated out of existence. Licensing means regulating therapies to only those that are ‘approved’ by Dr. Weil’s licensing board, in the crippling manner that is already seen in orthodox medicine. Not only would alternative health care providers live in fear of promoting “unapproved drugs” (even when these “drugs” are just herbs), but additionally, you and I could go to prison for “practicing medicine without a license” for merely helping our neighbors with natural cures. Dr. Weil was bold enough to boast about his plan during an online video, which can be seen at YouTube under the title, *Naturopathic Medicine*.

"I think naturopathic doctors are well trained today and trained to *operate within the scope of their practice*. I also think there are natural partnerships between naturopathic doctors and medical doctors that are useful for both, and I see many opportunities for naturopathic doctors working in integrative medical clinics, which I think will be one of the forms of medical practice of the future. I think this is a natural partnership that can be useful. Many of the measures that naturopathic doctors are trained in, ahh, I think can lower health care cost, because the treatments are cheaper and safer than those used in conventional medicine."

— Dr. Weil, "Natural Medicine" video

He used some cunning tactics to promote licensing, including the usage of a few half-truths. Naturally, Weil does indeed "see many opportunities for naturopathic doctors working in integrative medical clinics", because he is the owner of integrative medicine, and he will be the final authority for naturopaths working in integrative medicine. It is also important to notice that naturopathic doctors will only be allowed to practice "within the scope of their practice", which again, would be defined by Weil's licensing program. While alternative medicine is practically always much cheaper than conventional medicine, having a license would not lower costs. The licenses would increase the costs of alternative practitioners, so that they would charge more to cover their exorbitant licensing fees.

## Ivory Towers

The process of forcing licenses would once again ensure that only the wealthy could practice medicine, and history does not reflect kindly on the elite classes, like those from ivory towers who continue to dictate what is, and what isn't, allowed to be medicine. Weil's licensing scheme would be a repeat of the establishment, and more importantly, it would enable the establishment to control access to all health related information by labeling alternative information as ("unapproved claims"), and treatments as ("unapproved

drugs") under the guises of licensing and regulation — of course for *our* benefit. If you believe these are exaggerations, then be advised that the F.D.A. has already threatened to remove cherries from the market as an "unapproved drug" — so what we describe here is actually standard procedure for how it protects its industry from competition.



Weil's stance on licensing was one of the initial pieces of information that I found; but it seemed that the more that I researched, the worse it became. In one discussion at his website, he suggests both surgery and radioactive iodine for those who have thyroid cancer, after admitting that it is a very slow growing cancer. This would then be followed by a full year of birth control due to the poisonous effects of the radioactive iodine upon the ovaries. Despite the high risk of this spreading cancer throughout the body, and in particular, leukemia; he remarked that he did not know of alternatives that were as effective. Our staff was able to find better alternatives to radiation with only a few hours of research, while he supposedly cannot with his three decades of training. In fact, Dr. Weil is unique in the alternative community for making such suggestions, and for his appearance of blanket ignorance about alternative techniques for all serious health conditions.

The thyroid plays a critical role in the regulation of hormones and the metabolism. It absorbs the iodine which is found in our foods, and uses it to produce hormones which are paramount to the function of every cell in the human body. Cancer is a disease for which the alternative medical community has found cures, and it never recommends either radiation or poisonous "treatments".



Almost all of the alternative community mutually agrees that cancer can be cured through drastic changes in diet, avoidance of tainted water (e.g. tap water), internal hydrogen peroxide, omega-3 with sulfur proteins (The Budwig Diet), key vitamins (in particular FDA-banned B17), detox, and supplements to help speed the process; since the root causes of cancers are internal fermentation combined with acidosis (low pH) and nutritional deficiencies. Instead of brutally attacking the entire body, the holistic process is one of correcting acidic body chemistry, so that the blood can again absorb oxygen at the rate it was intended to. This allows the immune system and the cells to begin functioning properly again. The alternative therapies do much more than merely treat the symptoms (tumors), and cancer cells are just a symptom of the real problems elsewhere. Dr. Weil seems not to understand this, and we cannot know if his ignorance is real or a charade.

Conversely, the orthodox use of chemotherapy and radiation promoted by Dr. Weil are incredibly damaging to the body, and should be avoided at all costs, due to the way that they attack all of the cells in the human body. These actually fuel the internal fermentation process that triggered the cancers; and therefore, these treatments have long been well-documented to stimulate future cancers. Dr. Weil's allopathic establishment considers having no symptoms of cancer for a mere 5 years as a success, and these doctors never publicly speak about their cure to kill ratio, in which the death rate is immensely higher than for people who receive no treatments at all. Their "cure rate" (which they define as surviving symptom-free for longer than 5 years) is approximately 4%. The alternative therapies have almost the opposite numbers, but have the draw-backs of being tremendously cheaper, and are of course, unregulated by the friends of the pharmaceutical cartel.

## FUD Allopathic-Style

Dr. Weil strongly disagrees with the alternative holistic viewpoints. Although he founded integrative medicine, he is actually very reliant on conventional treatments for serious conditions, and appears to support alternative approaches only in the area of nutrition, and for only lesser conditions that do not threaten the medical industry's cash cows.

"[Dr. Weil] cited such treatments as gene

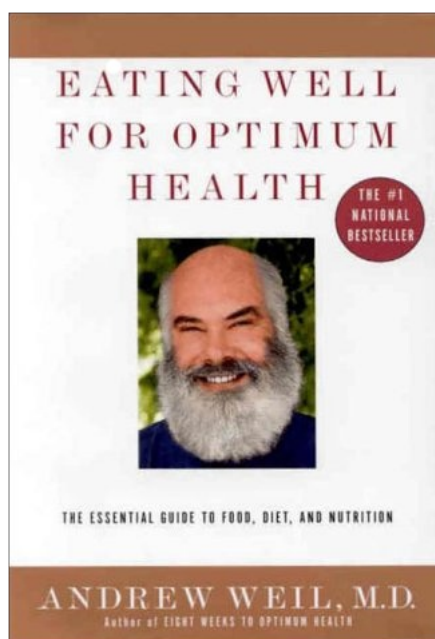
therapy, immunotherapy [chemically attacking and suppressing the immune system], and antiangiogenesis therapy, which involves blocking the development of new blood vessels that [allegedly] feed cancer. 'These hold the promise of being much less toxic treatments that I think may render chemotherapy obsolete, but at the moment chemotherapy is the best that we've got for certain kinds of cancers.'"

— CNN (Cable News Network)

Most patients would prefer cancer over deliberate mutations in their genes (which could have horrific repercussions lasting throughout their family tree to all of their grandchildren's grandchildren), the destruction of their immune systems, or the blocking of their critical blood vessels. He actually described the above options as "less toxic" alternative treatments. In actuality, no reasonable alternative practitioner would ever recommend these to even his worst enemy. We wonder what this could be other than an attempt to condemn alternative medicine with damningly faint praise, and these unique "alternative treatments"? In typical M.D. manner, Weil made no mention of the real alternatives which exist, and he merely recited some unique treatments that are intended only to attack tumors (symptoms), instead of the actual cancers. In the same interview, he suggested that many natural supplements are ineffective, yet made no mention of the effects of his recommended *effective* pharmaceuticals which cause heart attacks, diabetes, strokes, paralysis, seizures, and stimulate additional cancers themselves, or even about how statistically ineffective they are.



## Out Of The Canola-Coated Frying Pan And Into The Benzene



Dr. Weil was one of the pioneering proponents of canola oil usage. The canola plant is the genetically modified offspring of the poisonous rapeseed plant, whose oil is an E.P.A. registered pesticide. The canola plant, in fact, did not exist prior to 1978. An industrial oil, canola contains the infamous chemical warfare agent mustard gas, hemagglutinins, and toxic cyanide compounds. Upon its first appearance, Andrew wrote recipe books which used canola oil, and claimed that it was the healthiest cooking oil.

Dr. Joseph Mercola deserves credit for being one of the first people to uncover that canola oil is more-or-less a healthy oil — until it is actually heated. Once heated, canola oil becomes harmful to the body, and the rancid oil emits toxic fumes according to the National Institutes of Health. When cooked, canola oil releases 1,3-Butadiene, benzene, acrolein, formaldehyde, and other related poisonous compounds which become infused into the foods being cooked. Mercola reported that, "During processing, the omega-3 fatty acids of canola oil are transformed into dangerous trans fatty acids; similar to those found in margarine, and possibly even more dangerous. A recent study indicates that 'heart healthy' canola oil actually produces a deficiency of vitamin E, a vitamin required for a healthy cardiovascular system. Other studies indicate that even low-erucic-acid canola oil causes heart lesions, particularly when the diet is low in saturated fats."

## Andrew Weil's FUD: In His Own Words

I know of no effect of alcohol on tissue repair and no reason why you shouldn't drink alcohol (moderately, of course) after working out.

I have always voiced the opinion that there should be a clear separation between a health care professionals recommendations and the potential to profit from those recommendations.

My advice is to stick with the antibiotic treatment your son is receiving. And what you might do — what's better than using colloidal silver — is investigate electromagnetic stimulation for bone healing, a treatment that is backed by scientific evidence.

Most doctors are taught to regard the placebo effect as a nuisance, but it's the meat of the medicine. Placebo responses are responses from within, elicited by belief.

I'm not a proponent of the raw foods diet. First of all, when you eat everything raw, you lose much of the best flavor, texture and appearance of food. More importantly, however, is the fact that many of the vitamins and minerals found in vegetables are less bioavailable when you eat these foods raw than when they're cooked. Another disadvantage stems from the fact that many of the natural toxins in edible roots, seeds, stems and leaves are destroyed by cooking. Although our bodies have natural defenses against these toxins, a raw food diet can add to the toxic load we're already dealing with. The latest word on raw food diets comes from a new study which shows that vegetarians who eat only raw foods have abnormally low bone mass, a sign that they may be vulnerable to osteoporosis.



Sickness is the manifestation of evil in the body.

It's unrealistic to imagine that you can never be sick. Health is cyclical: It breaks down; it reforms. Being sick is part of being alive.

Because autoimmune diseases tend to flare up in response to emotional ups and downs, I recommend some form of mind-body treatment — hypnosis may be especially helpful (children are more easily hypnotized than adults).

The distribution of calories you take in should be: 40% to 50% from carbohydrates, 30% from fat and 20% to 30% from protein.

It is more important to eat some carbohydrates at breakfast, because the brain needs fuel right away, and carbohydrates are the best source.

One claim holds that distillation removes all of water's beneficial minerals. While it's true that distillation removes minerals as well as various contaminants from water, we don't know that the human body can readily absorb minerals from water...

The underlying idea is that you can prevent disease by balancing your body's pH. ...None of these claims are true. Furthermore, your body needs absolutely no help in adjusting its pH. Normally, the pH of blood and most body fluids is near seven, which is close to neutral. This is under very tight biological control because all of the chemical reactions that maintain life depend on it. Unless you have serious respiratory or kidney problems, body pH will remain in balance no matter what you eat or drink.

In general, I'm not a fan of products sold through multi-level marketing.

The use of yage, or ayahuasca, in Amazonian Indian cultures is often credited with giving people visions that have valid content.

You can lower your mercury levels over time by simply not eating fish likely to contain it

Children with autism can also benefit from probiotics, possibly because they decrease leakage of large molecules from the gut that can trigger immune reactions with effects on brain function.

It's we who determine whether drugs are destructive or whether they're beneficial. It's not any inherent property of drugs.

Early detection is key to winning the cancer battle. Once you reach the age of 50, the following tests should be done routinely... A digital rectal exam at the same time the sigmoidoscopy, colonoscopy or [radioactive] barium enema is performed... Consider taking aspirin therapy. Research suggests that taking a daily low-dose aspirin over a period of years can cut colon cancer risk by as much as half.

Some Essiac promoters irresponsibly advise against chemotherapy and other conventional treatments when using the tea. This is a reckless and dangerous recommendation. ...In fact, a 2004 study at the National Cancer Institute showed that Flo-Essence promotes the growth of mammary tumors in rats. ...can have unpleasant side effects. ...My advise? Avoid it.

"I've had a lot of questions about Codex, often based on alarmist and erroneous information being circulated on the Internet. I'm happy to set the record straight. Here's the story: in 1963 the United Nations' Food and Agriculture Organization and the World Health Organization created the Codex Alimentarius Commission to protect the health of consumers and to ensure fair practices in the international food trade through development of food standards, codes of practice, guidelines and other recommendations... "

— Dr. Andrew Weil

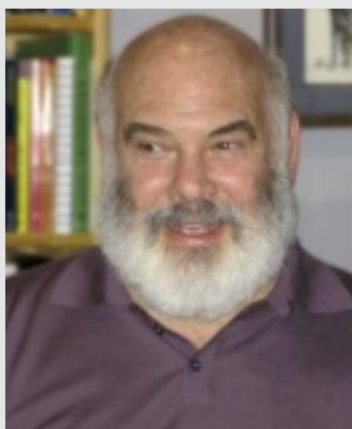
Doctor and senator Ron Paul relayed the following on the Glen Beck program. Codex Alimentarius, established in 1962 as a U.N. trade commission, serves corporate greed with no interest in health or consumer protection. The World Health Organization says Codex Alimentarius, "Has not made a contribution in human health in its 42 years of existence".

Codex Alimentarius sponsors are Big Pharma, Big Medica, Big Chema (profitable toxic chemicals used on food and fields, including deadly pesticides banned in the US), Big Agribiz (industrial farms use antibiotics, drugs, hormones to increase profits) and Big Biotech (creates dangerous

untested genetically modified organisms (GMOs) planned to become legal worldwide unlabeled).

Codex Alimentarius has no actual legal standing, but exerts a lot of influence since it is used by the World Trade Organization (W.T.O.) to decide trade disputes. Codex-compliant countries win automatically regardless of the merits of the case. Devastating trade sanctions result, so the U.S. is now racing to destroy protective laws that interfere with the implementation of Codex.

This is what Codex has in store for us: • nutrients will be declared toxins that Codex will supposedly 'protect' us from • ban virtually all natural health options • high-potency supplements will be illegal • deadly drugs are sold unopposed • dangerous growth stimulants (hormones) mandatory in all meat and milk (e.g. Monsanto's BGH) • banned pesticides will be permitted in your food • untested, unlabeled, Franken-food in your kitchen (GMOs - Genetically Modified Organisms) • free-radical rich Irradiated food • weak and meaningless "Organic Farming" standards allowing dangerous drugs and chemicals in so-called "Organic" foods.

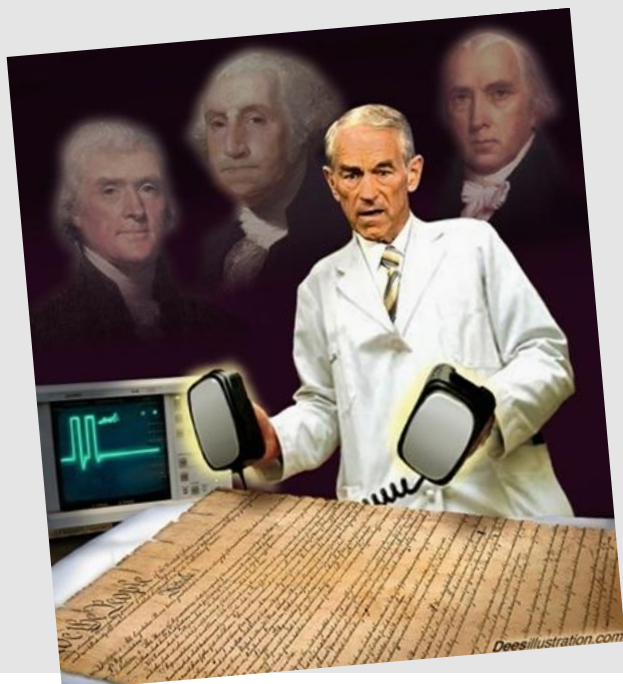


## Prologue

Despite the seemingly insane advice of Dr. Weil, he is becoming increasingly popular amongst newcomers to the holistic movement, and his face has become an advertisement for

many health products. His interest in becoming a walking commercial, and his zealous adherence toward promoting establishment protocols leads us to conclude that Dr. Weil is not as well-intentioned toward alternative medicine as he portrays. It is remarkable that Andrew is being accepted as an expert, considering his own health. He boasts about his skin care products, while he has a terrible complexion, extreme hair loss, and is overweight — all signs of severe acidosis — something that genuine practitioners of natural medicine never experience. There are many out there who are just like him. They would love to monopolize supplements and competitive treatments, but Dr. Andrew Weil appears to be the most prominent of them.

Remember to always do your own research, and buyer beware.





# Why Dieting Actually Makes People Fat



How To Do It Right

By Sarah Cain, Staff Writer

## Changing Your Shape Means Changing Your Life

Obesity has become an epidemic in this country, along with most other countries throughout the civilized world. As such, an industry was born to cater to the population which it effects. Weight loss is estimated to be a \$40 billion industry, whose executives would be most unhappy if people really did lose weight. If their diet plans worked, we would surely have a population of fit, healthy, and slim women; and the industry would be self-terminating. It would have served its purpose. Instead, we have two and six week diet plans which help women to lose a small amount of weight (usually less than 10 pounds) to soon regain it with even more. This is actually part of the business plan, for the money of this industry is made from people being unhealthy, and miserably staying that way. Diet products fail because that is part of their intentional design, just as the medical industry has no cures for its cash-cows, and will make certain that it never does. There is no money to be made from healthy people. Meanwhile, surgery-enhanced celebrities create a facade of how women should look.

The western world has adopted an unhealthy approach to eating, which would have been considered gluttonous in the not-so-distant past. We pay little attention to the amount that we eat, and often stare at entertainment throughout our meals; neglecting meaningful interaction with others. The great irony is that we are overweight as a nation because we are starving for nutrition. We are deficient of magnesium, the B vitamins, Vitamin D, and almost every trace mineral, due to our synthetic fertilizers having depleted the soils, and our chemically "refined" foods. Our foods are so deficient that the more we eat, the hungrier we tend to become, as our bodies struggle to make use of the empty

calories. It is like the case of the early American settlers, who lived on a diet of corn. Many of those settlers died of starvation and illness, while being incredibly obese.

## Mental And Emotional Barriers

Most of our failures throughout life are due our own internal self-sabotaging tendencies. For instance, many people remain overweight because they have such a low self-

esteem that they actually feel unworthy of being fit. It demonstrates a self-destructive tendency, and this is often literally part of an unconscious suicide wish. Some of us were taught as children that food is a comfort to life's tough problems, and this training still resonates unconsciously through us into adulthood. Some of us were taught that food is something we reward ourselves with whenever we have accomplished a goal, as is the case with celebration dinners, and birthday parties. Food is our sustenance, and we bear massive problems whenever we perceive food as either a punishment or a reward. Unfortunately, almost all of us have fallen into this trap, and it often happens purely unconsciously.

Winning the victory over one's own mind is the most important step to success. For instance, it is certain that you will fail if you believe that you will fail. Your issues and beliefs determine your future reality, because you will unconsciously transform them into self-fulfilling prophesies. You will unconsciously work to prove yourself right without ever realizing that it was you who was causing the problems — that the failures were caused by a long chain of self-sabotaging actions. So, if you are demoralized, and impeded by your own internal issues, then the war can be lost before the first shot is fired.

For these reasons, we recommend that people with a





serious weight problem first see a hypnotist to uncover and deal with any unconscious barriers to successful dieting, as well as get themselves reprogrammed to be positive about managing their health, while considerably increasing their will-power overall. Hypnosis works powerfully, and it is probably the wisest first step a person can take before beginning a serious life transformation, and permanently improving one's well-being requires nothing less than a life transformation.

## The Truth About Beef

Eating non-organic meat while trying to lose weight is a huge mistake. The greed of large corporations has destroyed most traditional farms, and transformed healthy foods such as beef into something sickening. The great majority of meat in the United States is fed on an unnatural and deficient diet of corn products, instead of grass. This was exposed in the hard-hitting documentary, *King Corn*. Corn causes animals to become fat quickly, but the quality of meat produced is grossly second-rate when compared to meat produced by traditional methods.

Current U.S.D.A. standards allow the ground meat of today to be up to 30% fat. The average amount of beef fat has increased 10% since 1985. The Journal of Animal Science (1952) reported that beef in the 1950's was between 2% and 7% fat. At that time, cows were allowed to range-feed on grass, as was natural for them to do.

Today, most herds are cruelly fed corn mixtures in sickeningly unhygienic group cages, where antibiotics are routinely administered to suppress the constant diseases caused by these conditions. This is called *factory farming*, and its sole purpose is to extract the most profit from each

cow, without regard to the consequences. The corn that is fed to cows is usually genetically modified, and this "feed-grade" corn is laced with pesticides. Mad cow disease got its start from mixing decaying blood and waste body parts from other animals into this 'food'. Modern cows are also pumped full of growth hormones to force them to mature faster.

Yet, there is still more to report about the perversion of beef. When cut, meat is usually saturated in nitrate salts to preserve it for an extended period. These nitrate salts cause a number of very serious health problems, including cancer. Nitrate salts are known to be poisonous, and this is why they are used to kill bacteria and fungi on meats, even though safe alternative preservatives exist. The inflammation

caused by these poisons in conjunction with the extremely high fat content found in modern beef feeds both heart disease and obesity.

Despite all of this, beef is so beneficial that we recommend it in moderation for every diet, and we strongly encourage our readers to seek organic meat whenever possible. Beef is actually a healthy food whenever it lacks industry *enhancements*.

## Egg Rolls With That?

The Chopstick Diet now exists to force people to pay attention to how much they eat, and at what pace. It has

been a resounding success, in contrast with most diets. While it may be fairly impractical, it does point out that there are many paths to weight loss that are free of chemical aids. However, most of the modern diet plans involve taking pharmaceuticals to drop the pounds.

Collectively, as a society, we are searching for miracle cures for obesity, diabetes, cancer, and heart disease. While the Naturally Good Magazine Staff acknowledges that such miracles would be wonderful, these are nevertheless



**Thin-tastic™** is the **all-natural** diet aid that utilizes naturally occurring hydroxypropylcellulose, polyvinyl alcohol, carboxymethylcellulose, and G.M.O. soy oil.

"I'd use *Thin-tastic™* myself, if I had a weight problem."  
— Dr. Andrew Weil

© Fleesum Pharmaceuticals

unattainable dreams. There is not a single drug, other than antibiotics; which can cure anything, and there can be serious long-term consequences to using those. In other words, we should break-out of our delusion that we have pharmaceutical miracles, despite what the chemical industry's marketers would have us believe.

**Incontinence** (in'-con-ti-nence) noun

1. Involuntary urination or defecation

## Yet Another Pharmaceutical "Miracle"

Alli has become one of the most popular diet pills due to its ability to limit the absorption of fats. It has been marketed as a miracle drug, which is, of course, the standard marketing procedure. Alli promises to allow dieters to eat all that they wish, and yet still lose weight. It was approved by the F.D.A. despite its deplorable set of ingredients, and a rather interesting set of negative side-effects.

Around 50% of Alli users experience extremely loose or oily stools, gas, oily spotting on the underwear, or incontinence. This means that taking Alli pills gives you a 7% chance of needing adult diapers, and probably some counseling. These chances increase with the length of time that this *miracle* is used. Incontinence has a huge impact on the confidence, career, and social life of a person. It can be especially traumatizing to dieters, because most dieters already experience self-esteem issues. It is usually their main motivation for losing weight.

Alli's ingredients are ones that we have never seen before in products intended for internal consumption. Sodium Lauryl Sulfate, used as an industrial engine degreaser, floor cleaner, and as the oil-stripper of most shampoos was found in the inactive ingredients. Alongside it was "talc". In powdered form, talcum has been discovered to cause cancer, so now corn starch is being recommended for infant diapers, instead of talcum powder. In 1971, a group of researchers found that particles of talc were embedded in 75% of the ovarian tumors studied. What possible purpose could two such dangerous chemicals have in a product

marketed to improve health, and what special FDA science was used to demonstrate this industrial crud as "safe" for internal human consumption?

Many of the weight loss plans are not merely regimens, but they also provide their own proprietary, patented formulas that are promised to yield a miracle effect. It is not surprising that companies are trying to make as much money as they can from dieters, but the ingredients of these formulas are truly appalling. Diet foods are the most unhealthy foods that a person will ever eat, yet the deceptive marketing on these products leads dieters to believe that they are eating healthy snacks containing everything that their bodies need.



Artificial sweeteners are frequently used alongside the infamous Monosodium Glutamate (MSG), an excitotoxin, which directly causes weight gain, Alzheimer's, heart disease, juvenile asthma and cancerous tumors. Public pressure urging removal of this ingredient has caused some companies to start disguising MSG under the names "yeast extract", "sodium caseinate", "hydrolyzed protein", "autolyzed yeast", and "glutamic acid". Look for, and avoid these.



MSG has the capability to mask rancid flavors in processed foods, and is therefore marketed as a “flavor enhancer”.

Diet foods usually contain sodium aluminum phosphate or titanium dioxide. It is ironic to consume these foods whilst trying to lose weight, because heavy metals like these are stored inside the fat cells of the body, which makes losing weight immensely more difficult. The human body attempts to store toxic heavy metals inside of fat cells as a matter of self-defense, which is why a heavy-metal detox is an important part of a successful diet plan. Unfortunately, these are not companies which really care about their customers' health, or long term success. They care about a continued revenue stream, and that means keeping their customers fat.

## “Sugar-Free” Means “Extremely Fattening”

Sugar is usually removed from diet products, under the guise of helping dieters to lose weight. The sugar is replaced with artificial sweeteners such as aspartame (‘NutraSweet’ or ‘Equal’), Saccharin, or Sucralose (‘Splenda’). All of these sweeteners have been proven to actually cause weight gain by stimulating carbohydrate cravings.

It is believed that these sweeteners successfully confuse a body into believing that these drinks contain glucose, so a person experiences an increased and artificially induced sugar crash — only it is worse because there never was any real sugar. Call it nature's revenge, if you like. Until artificially-enhanced foods and drinks, there was no sweet taste without calories; and a body does not understand how to regulate these artificially sweet substances. The proponents of these artificial sweeteners pretend that these chemicals do not effect insulin, but the carbohydrate cravings prove that they do, and a body really needs carbohydrates or sugar to compensate for the imbalance caused. The *help* from these sweeteners is one reason why both dieters and diabetics have such difficulty overcoming their problems.

Created by chlorinating (bleaching) some of the molecules in sugar, sucralose has been proven to worsen diabetes (which many overweight people suffer with), abort pregnancies, and enlarge the liver and kidneys. All of these are signs that sucralose is a toxic substance, yet it is the least studied FDA-approved artificial sweetener. Aspartame and saccharin are much worse. Yet, these sweeteners

compose just one category of ingredients that are used in weight loss foods.

“It's only been relatively recently that foods have been introduced that violate those kind of relationships, such as something very sweet that has no calories.”

— Susan Swithers, PhD, Purdue University.

## So-called “Natural” Diet Aids

All-natural weight loss aids can also seem desirable, but these typically deceptive products are most often created by drug companies, not naturopaths. Fortunately, it is possible to attain long-lasting weight loss without a chemical corporation. Be sure to only use these aids alongside your regular dieting and exercise plan. Do not rely on them, or anyone else to manage your health for you. Many herbal formulas were among the list of weight loss aids recalled by the Food and Drug Administration in December of 2008. These products were discovered to be laced with pharmaceutical drugs, one of which is known to cause anxiety, suicidal thoughts, and aggression. This is yet another reminder that we must check the integrity of the companies that we buy from. Trust only companies that are dedicated to delivering natural products. In other words, don't trust GlaxoSmithKline for your echinacea. This statement was posted on the FDA's website:

“An FDA analysis found that the undeclared active pharmaceutical ingredients in some of these products include sibutramine (a controlled substance), rimonabant (a drug not approved for marketing in the United States), phenytoin (an anti-seizure medication), phenolphthalein (a solution used in chemical experiments and a suspected cancer causing agent) and bumetanide (a diuretic).”

Losing weight effectively cannot be done in a two week program, but it can be done. Holistic health advocates

# It's Time For A Naturally

## Don't Work Hard

look for the root causes of health-related issues, but with excessive weight; there are many possible causes. For some, a toxic diet in childhood is to blame (chemicals, heavy-metals, sugar, carbs, processed foods, liver, or undercooked meat), so they have consequently been overweight from a young age. Others eat excessively due to their depression, and some people have hypothyroidism (the thyroid does not produce enough hormones, and simulates a slow metabolism). For people who may have a sluggish thyroid, we recommend adding externally applied iodine, and internally consuming coconut oil. It is highly recommended that, if possible, you work with the root causes of your weight problems alongside your plan.

As mentioned earlier, most American dieters have problems losing weight because their fat is a storage place for the toxins in the body. While I would like to immediately recommend a heavy metal cleanse, it could be counterproductive in some people who already have yeast overgrowth; which is most of the population. The heavy metals in your system constantly kill the bacteria and any parasites that are inside of you. In theory, that would be a good thing; if the metals were not also toxic to your brain, kidneys, liver, almost every other organ, and hinder your weight loss efforts. So, before you do anything else, some big changes in eating habits are necessary to kill any candida (yeast). The extent of these changes will depend on your current diet. If you are not prepared to commit to this, then dieting is just not for you. Successful weight loss takes commitment, effort, and some food-based sacrifices. While this is only step one of the program, you are likely to lose weight all the way through. For two weeks, we recommend:

### Step I: Destroy Intestinal Yeast (Candida)

- Eliminate all sources of refined "white" products like sugar from your diet.
- Limit carbohydrates.
- Get plenty of sunlight (vitamin D).
- Eat 2 tablespoons of organic plain yogurt 2-3 times daily.
- Curb sugar cravings with fresh fruits.
- Avoid all soft drinks (Coca Cola, Pepsi, etc.)
- Incorporate daily fruits and vegetables into your diet.
- Drink plenty of mineral rich spring or well water.
- Avoid yeast: breads, mushrooms, and alcohol. (Slows metabolism and feeds candida).
- Buy organic where possible. (More nutrients, less antibiotics/pesticides/growth hormones/fertilizers.)
- Eat many small meals instead of 3 large ones

Additionally, read the ingredients on all of the foods that you eat. As a general rule, every unrecognizable ingredient should be avoided. Those are the foods which have been designed in a laboratory, and are often preludes to cancer, diabetes, and all other epidemics that are growing in this country today — including obesity. Do not be fooled, these diseases are not normal or natural. They are the result of malnutrition, and chemical poisoning through our food and

water supply. Do not be afraid to drink lots of water. It will not make you fat, and it is needed to flush out toxins.



### A Short-Term Juice Fast Is Recommended

Purchasing a juicer or blender would prove to be a great investment, as they make the intake of lots of fruits and vegetables easy, give you the option of greater variety, and there are hundreds of free recipes all over the Internet. However, this is not essential. Exercise is strongly recommended, and is a crucial aspect of losing weight. The first few days of this plan may leave you feeling fatigued, as the candida fights to stay alive by scavenging all the sugar it can. Do not get disillusioned, for this is only temporary, and is a sign that it is working. You will soon return to feeling better than you have in a long time. Fortunately, this initial fatigue will only appear in those who suffer from a particularly bad case of yeast overgrowth.

### Step II: Cleansing Time

After a dedicated two weeks of this, it will be time to remove the heavy metals that have accumulated throughout your life. Your body cannot successfully eliminate heavy metals without aid, so depending on the quality of your old eating habits (and whether you have silver dental fillings), there could be masses of heavy metals stored in your excess fat. This step will make any attempt to lose weight much easier. There are several ways to do a heavy metal detox, and I will recommend a couple of them here.



# Good Diet Plan



The following should be used together for approximately 10 days to detox:

- N.A.C amino acid supplement (N-Acetyl-Cysteine)
- Selenium
- B complex vitamin
- 5-HTP (will additionally help with weight loss)
- Increase garlic in the diet
- Regular exercise (sweating helps to expel toxins, and exercise is the only way the lymph nodes can expel toxins)

Blend these together, and take one teaspoon every day:

1/2 cup of extra virgin organic olive oil (cold pressed)  
1 large bunch of cilantro  
4 large cloves of garlic

Your local health food store will also have heavy metal detox kits available, if that approach is more desirable to you. Please read the ingredients of those kits carefully, instead of trusting their cover marketing, because every company wants to sell their product. While going through a heavy metal detox, it is likely that you will go through some behavioral changes, as stored toxins and metals begin migrating through your bloodstream again. Therefore, a warning to your loved ones may be in order, before you begin a cleanse. Warn them to expect some flaky behavior and abrupt mood swings. These side-effects are especially noticeable for people who have been diagnosed with ADD/ADHD, since these are conditions primarily caused by toxic and allergic overload. There may also be some mild flu-like symptoms for the first couple of days showing that your immune system has detected the presence of toxins moving in your body.

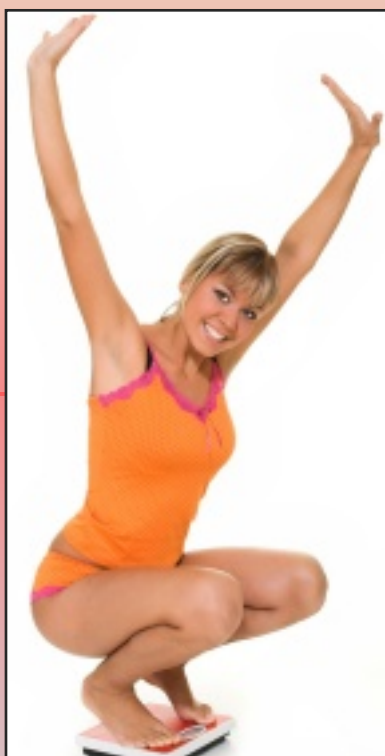
## Step III: Begin The Diet and Begin Feeling Great

This is the easy part. Purchase a food-based multivitamin from a health food store, and take them each day, alongside apple cider vinegar. Those who have had a bad diet usually have reduced the acidity of the stomach, making it more difficult to absorb the nutrients that they need.

Taking apple cider vinegar with vitamins helps ensure proper absorption. This is particularly important later in life.

- Add plenty of lean proteins to your diet. This will eliminate hunger without providing fat. Along with regular exercise, it will help to replace lost fat with muscle. This includes eggs, chicken, fish, beef and nuts. Avoid pork.
- Supplement with selenium to neutralize mercury found in fish or dental fillings.
- Eat plenty of fruits and vegetables. They will provide energy.
- Do not consume synthetic energy drinks, even if they mention natural ingredients in the marketing.
- Avoid all artificial additives (colors, preservatives, sweeteners, etc).

- Eat plain yogurt regularly.
- Avoid "white" processed foods (e.g. white rice, white bread, white sugar).
- Avoid "enhanced" fruit juices containing sugars or high fructose corn syrup
- Eat many tiny meals instead of a few large ones
- Drink plenty of mineral water and organic green tea (that you brew)
- Nuts have natural properties to curb appetite, so use them as snacks.



Following this advise will make you look and feel dramatically better, regardless of whatever the scales read. It is likely to get you off the pharmaceutical treadmill as well, to finally realize good health. Stop hopping on the scales each morning, and torturing yourself over pointless numerical values. If you really need to torture yourself about something numerical, then count how many fruits and vegetables you eat each day. Any lack of success on the scales only leads to depression, which contributes both directly and indirectly to weight loss failure. It is very self-sabotaging, especially when done regularly. Our advise is to throw your scale into the trash, if you plan on having success.

There are lots of natural supplements which can assist you, but they will be ineffective if you do not make the effort. Feel free to pick and choose from these lists. Combining herbs together will not produce negative effects. These can all be found at health food stores, or on the spice rack.

### **Appetite Suppressants:**

Chickweed  
Cumin  
Evening primrose oil  
German chamomile  
Peppermint  
Ginseng  
Hoodia

### **Metabolism Boosters:**

Dhea (avoid if suffering with adrenal fatigue or male pattern hair loss)  
Nettle  
Dandelion  
Cayenne  
Ginseng  
Tyrosine  
Guarana

Kola nuts are a natural stimulant, appetite suppressant, and they enhance mental and physical performance. Drinking herbal teas will also help you to lose weight. They are very popular throughout alternative medicine, and in particular, we recommend yerba mate, red raspberry leaf, and especially green tea. They are natural appetite suppressants, and will boost your metabolism. Green tea is always encouraged, as the health properties seem to be virtually limitless, and these include weight loss. Meanwhile, St. John's Wort can help alleviate depression, a common underlying cause of obesity. It is also rumored to play a direct role in weight loss. St. John's Wort is not recommended for pregnant women, but of course, most pregnant women should not be trying to lose weight.

## **Good dieting is a journey — not a destination**

It is easy to conclude that diet *miracles* are simply scams advocating the continuation of a bad diet, but they may initially cause some weight loss through starvation. Gaining weight all over again is inevitable, because whenever real food becomes a part of the diet once again, the body will immediately store it as fat, because starvation

will have tricked the body into believing that there is a state of famine. Storing fat is the body's emergency response mechanism, and most diets trigger it. This is one of the reasons why we advocate many more small meals, instead of less meals.

Many diet plans insist on regular exercise throughout the program, which makes it impossible to credit lost weight to the proprietary foods that were eaten, since it is most likely that exercise is what was really needed. This is good news for the natural dieter, for it means that weight loss can be achieved without the help of chemicals. Losing weight naturally helps people to keep it off, since they attack obesity at its root cause — poor and toxic lifestyle.

The motivation for weight loss should be much deeper than the desire for a better appearance. True health goes beyond the cosmetic. We live in a society which is sinking in a sea of disease, and sickness. Every American knows of somebody who is fighting cancer, or diabetes, or heart disease, and maybe even Alzheimer's. Obesity is a symptom that identifies a person as a future victim of diseases due to their toxic lifestyle.

We have only two choices for maintaining our health: we can do it the natural way, or become victims to the laws of unintended consequences, like the story of King Midas.



Begin your journey of self-improvement today. You will find it to be *naturally good*. We wish you great success.



# Cooking With Andrea



Several of the recipes in this issue require a deep-fryer. Before you gasp in disbelief, let me remind you that frying does not necessarily make a food unhealthy. There are actually healthy fried foods, whenever the cooking is done properly, and it is done with good oil. Fried foods have gotten a bad reputation from many restaurants choosing both unhealthy ingredients, and cheap oils. I recommend peanut oil due to its ability to resist becoming rancid at high temperatures, and because it contains an even spread of the omega oils. Avoid canola and corn oils.



## Homemade Macaroni Cheese Sauce with Whole Grain Macaroni



*Believe it or not* — macaroni and cheese can be healthy if it is made properly and consumed in moderation. This recipe tells you how to not only make it healthy, but make it taste better than any macaroni and cheese you have ever tasted before. All of us were in shock about how good this homemade macaroni & cheese tasted. You will be too. The taste alone speaks volumes about the difference between wholesome foods and processed foods with chemical additives. I can promise you that nobody at your dinner table will complain about this recipe. In fact, I recommend that you make plenty. It really is *naturally good*.

Special note: The leftover cheese will thicken in the refrigerator, and create a wonderful spread cheese.

**Step 1:** Mix the following ingredients into a large pan, after cutting up the cheese into small chunks. The cream cheese should be smashed with a wooden spoon inside the pan to accelerate the melting process.

- ½ stick unsalted butter
- 8 oz. cream cheese
- 8 oz. sharp cheddar cheese
- ½ tsp. sea salt
- 1 tbsp. soy lecithin \*
- ¾ cup parmesan cheese
- 1 tsp. pepper
- ¾ cup milk
- 1 tbsp. powdered garlic

\* The soy lecithin is optional, and it has a high chance of being G.M.O. If you forgo the soy lecithin, then you should add a thickening emulsifier, and I recommend simply using a tablespoon of unprocessed flour to replace the soy lecithin. Unfortunately, this will also dull the taste.



**Step 2:** Begin heating the cheese mixture and stirring it until all of the ingredients have blended together uniformly. High heat will be needed, so do not be alarmed if a slight layer of burnt cheese forms on the bottom of the pan. This can be greatly reduced by constant stirring. The mixture usually has a thin consistency by the time all of the cheeses have perfectly blended together. It will thicken in proportion to the amount of cooling it is allowed to do. Keep it warm until you are prepared to serve it.

**Step 3:** Boil the whole grain macaroni pasta in water until it is ready to serve. You may wish to begin this step while the cheeses are melting together to save time. When finished boiling the macaroni, drain water only from the portions of macaroni that are being immediately served, because whole grain macaroni has a horrible tendency to stick together whenever its water is removed.

**Step 4:** With a bowl of macaroni which had its water drained, mix in cheese sauce and serve.





## Bojangles-Like Spicy French Fries



**Step 1:** Create the spice mixture cited below, and mix together.

5 tbsp. Chili Pepper  
1½ tbsp. Sea Salt  
1 tsp. Cayenne Pepper  
1 tsp. Paprika  
1½ tsp. Curry  
1 tsp. Cumin  
1 tsp. Black Pepper

**Step 2:** Cut fries out of organic potatoes.

**Step 3:** Fry at 375° F. for 6-9 minutes, or until they become soft and golden brown.

**Step 4:** Remove fries from fryer, and immediately heavily dust with spice mixture, while tossing the fries (like a salad) inside a large container.

## Spring Rolls (Small Vegetarian Egg Rolls)

Even people who do not normally like vegetables, will usually like these. It is one of my secret weapons for getting my seven-year-old to eat vegetables.



**Step 1:** Place shredded cabbage and shredded carrots into a pan. Heat at medium temperature and stir constantly. Continue until vegetables soften. Add garlic powder and salt to personal preference. I recommend going lightly with both.

**Steps 2-3:** Place the vegetables on the “egg roll” wrap, and then fold it like a diaper. Use a dab of water on each corner to hold together the wrap like a glue.



**Step 4:** Place the spring rolls into the deep-fryer, which is preheated to 350° F.. Leave in 2-3 minutes, until they are crispy and browned. I recommend that you flip them over after about 1 minute of cooking.



## Chicken Curry Over Rice



**Step 1:** Begin by cooking 6 chicken breasts and rice.

**Step 2:** Meanwhile, place the following ingredients into a pan. Stir the ingredients while heating the ingredients on the medium-high setting until the butter is liquefied, and everything is thoroughly blended. Keep warm and stir regularly.

½ tsp. Chili Pepper  
6 tbsp. Curry  
1 tsp. Paprika  
1 tsp. Turmeric  
2½ tbsp. Cumin  
½ cup unbleached flour (whole grain is fine)  
3½ cups whole milk  
¼ stick of butter  
½ tsp. sea salt  
1 tsp. Black Pepper

**Step 3:** When chicken is fully cooked, slice into small (dime-sized) pieces, and add them into the curry sauce.

**Step 4:** Simmer the curry sauce with the chicken for 30 minutes to make the chicken soft and saturate it with the favor of the sauce.

**Step 5:** Prepare the rice for serving, and smother it with the curry sauce.



# BEWARE: The FDA's Irradiated Food Logo



## You Are Probably Already Eating Unlabeled Radioactive Food

By Thomas Corriher, Managing Editor

Radiation is being used to *enhance* some of the foods being shipped to retail locations throughout the United States as you read this. This report explains the situation, politics, history, and what is being presented by profiteers as the *science* of food irradiation. As expected, quite a bit of deception is being used to trick the public into using these foods without its consent, for everyone knows that public consent will never happen. One half-truth being used in the deception is that all irradiated (radioactive) foods must be clearly labeled as such. While this may be superficially true, if individual ingredients comprising a food are irradiated, instead of just the final product, then no labeling is required. You can safely bet that the final products are never labeled. One out-right lie is that irradiated foods do not remain radioactive, and this lie violates the laws of physics. Once something is made radioactive, or is exposed to high radiation, it remains radioactive for a considerable time afterward. Radioactive items may also make other things in contact with them radioactive as well. This 'contagious' property of radiation is one of the things that makes it so dangerous, and it is why people in many countries who are undergoing radiation treatments are told to avoid contact with children. In the studies we saw, the radioactivity of foods declined by only 45% after 10 days. Make note that the typical level of radiation being used is 200,000,000 times that of an x-ray, so even after 10 days, the residual radioactivity would still be that of something exposed to over 100,000,000 x-rays.





## The Status Quo of Food Safety

There are about 325,000 hospitalizations each year due to food poisonings, and the numbers appear to be getting worse annually. Our foods are laced with preservatives and other additives which are supposed to ensure that they do not "go bad" before consumption, yet we still get sick. Food poisoning is not at all limited to restaurant food. There are thousands of reports of food poisoning from dried and processed frozen foods. There have always been food poisoning reports about the meats sold in grocery stores, and there were recent scares over peanuts and tomatoes.

Organic growers, and health advocates have noted that food poisonings are usually due to poor hygiene in the slaughter and packing houses, along with laxity in the cleaning of crops; so reducing the number of food poisoning cases would be a easy task, if an honest effort was made. Unfortunately, it could also be an expensive one. It would mean that processing plants would follow legislation that is already in place, and that action would be taken whenever the U.S.D.A. inspectors notice hygiene problems. It would

be a big change from the status quo.

"In the 1950's we condemned carcasses with fecal contamination, in the 1970's it was cut off, in the 1980's it was washed off, and in the 1990's it is eaten."

— Mr. Delmer Jones, Head of the Meat Inspectors Union, 2000

In the biggest recall of 2002, one woman died and at least 46 people were sickened from e. coli found in ground beef from a ConAgra plant in Greeley, Colorado. The Agriculture Department's Inspector General disclosed that the plant had been cited 66 times for fecal contamination from January 2001 until it was temporarily closed in November of 2002.

"Most systems will work and protect the consumer if you've got two things: teeth and enforcement. But in many plants the safety plans are still just smoke and mirrors."

— Delmer Jones

## They Create The Problem, and Then Offer "The Solution" That They Wanted All Along

Instead of dealing with the causes of the problems, the establishment is responding in its typical fashion; by attempting to treat only the symptoms. High-ranking members of the F.D.A. are now proclaiming that the epidemic of infected foods provides proof that our foods need radiation to be safe — never mind this was never before necessary in the previous 6,000 years of food history.

Radiation has been approved for most fruits, vegetables, and meats. In many cases, radiation-tainted foods can be sold without labeling. A warning label would reduce the profits, because informed citizens would rarely purchase irradiated foods with full disclosure; and they know it. The hostile reaction from Europeans has caused the new food irradiation industry to proceed in a cloaked manner.

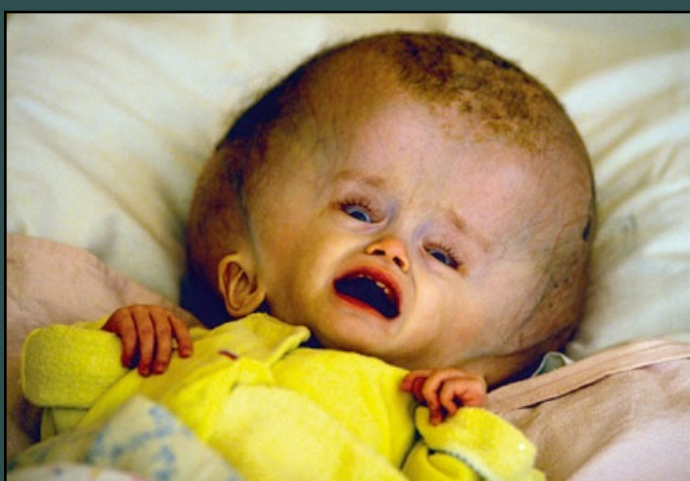
**"There's a whole impact on the food product, which we think is an unacceptable cost... People that did the shopping — they would look at the date and be freaked out at how long it would be good for."**

— Patty Lovera from Food and Water Watch

## The Rotten Facts About Food Preservation

Foods which are highly nutritious mold and rot the most rapidly, because healthy nutrients are just as beneficial to bacteria and molds. See this for yourself by making an organic vegetable drink, and leave the pulp out at room temperature for just two days. Watch what happens. You will see that it becomes so overgrown with white fuzzy mold that the pulp will appear to have transformed into cotton.

Try the same experiment with an irradiated fruit or vegetable (coming soon to a supermarket near you), or with processed foods. You could try this with some McDonald's fries, which are little more than salt and fillers. They will not change in weeks, and people have reported the same findings with their hamburgers too. Do you want to put something into your body that is scorned by fungus? Toxic (and irradiated) foods simply do not rot. Unfortunately, they



This unfortunate infant was born too close to one of the Soviet Union's old nuclear testing areas. These mutations will occur throughout the area for at least 10,000 years testifying to the 'health benefits' of radiation.

also have a depleted (or nonexistent) nutritional value; shown by the fact that organisms cannot survive on them. We have already determined that most of our modern illnesses are closely linked to nutritional deficiencies, so what will happen when all of our fruits and vegetables are irradiated, and lack all nutrition? Our health will be impacted as if we were trying to survive on a diet of only corn. What will remain of our society, and how can we possibly allow the nuclear industry to enter our kitchens?

Irradiation does not just nullify the nutritional value of items, but it can also make them harmful. (Take note of this microwave users.) We know, for instance, that radiation produces profound chemical changes in meat. It elevates levels of the carcinogen benzene, and creates new chemicals known as radiolytic products, which also have been recognized as carcinogens. Radiation itself, is the most potent of all cancer causing agents, likely because it produces these compounds in tissues.

## Ignorance Is Death

We cannot know what long-term effects irradiated food will have on the lives and health of those who place their trust into questionable governmental regulators to protect them, or the effects upon those who unwittingly consume these foods in cases where it is completely unlabeled. In the cases where consumers are never given informed consent, how will we have accountability? If we are not allowed to know which foods are irradiated, and which ones are not, then how can we report health problems that arise as a result of this involuntary experiment? It is clear that the industry does not want us to be able to report problems, seek legal relief, eat healthily, or even know what we are eating. Instead, we are all participants in a new double-blind study. We do not know who eats from the control group, and who is eating irradiated foods. Perhaps it will be more obvious when larger numbers of children are born without fingers, or with two heads (genetic mutations — another well-known consequence to radiation exposure). At this rate, it is a very real possibility.

**"The current permissible radiation dosage is about 200 million times greater than a chest X-ray."**

— Samuel Epstein, M.D., Chairman of the Cancer Prevention Coalition.





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Proponents of irradiation claim that it is safe because the exposure is brief. At such high levels, it does not take long to kill the bacteria (and the nutritional value), but none of these things prove it to be safe. The length of exposure is rather meaningless, when in actuality, it is the dosage that should be taken into account. When medics give x-rays, they must wear protective clothing, because radiation at that level is recognized to be dangerous. Why then, is it claimed that it is safe to irradiate foods, which are to be taken internally, after a dosage of 200,000,000 times more?

One fallacy of this new-age *science* (the type practiced by the F.D.A.) is that something can be proven to be safe. No test can prove that anything is safe. Only the dangers of something can be proven, for it is impossible to test every possible combination of an item's use for safety. Tests can definitely prove dangers, and they have done so in the area of radiation. Ironically, tests proving irradiation dangers have been ignored, and the scientists involved were demonized for threatening the official policies. This behavior might be called politics, or it might be called business, but it certainly cannot be called science.

Under public pressure, the Food and Drug Administration (F.D.A.) has finally ruled that the public has the right to know, in some cases, when food is irradiated. Fresh produce must be labeled if it is irradiated. Nevertheless, the FDA has made it clear that it supports irradiation, and is actively encouraging companies to use it.

## Does the F.D.A. Regulate, or Is Its Job To Protect Industry From Us?

Take a second look at the FDA's label for irradiated foods. It does not imply that it has been zapped by gamma rays, or that it is nutrient depleted. It does not reveal that identical doses of radiation would immediately kill a horse (and that is no exaggeration). Instead, the FDA has produced an image of what appears to be a healthy plant naturally growing under the sun. If no text accompanies it, then the symbol will easily be misinterpreted as meaning "organic", which is likely the intent. This demonstrates that the F.D.A. does not truly want citizens to have informed consent. They merely want consumer safety groups (and people like us) to simply go away.

Most irradiated foods do not require labeling at all. If irradiated ingredients are inside other foods, then the finished products do not have to be labeled. For example, if irradiated carrots are inside coleslaw, it does not have to be labeled. However, if those carrots were sold separately, then they would have to bear the irradiation label. Irradiated raw and frozen meats currently require the warning label, but the American Meat Institute (A.M.I.) is currently petitioning the U.S.D.A. to remove its regulations requiring such labeling. They argue that because irradiation is used early in the production process it somehow does not matter. In actuality,

it is our right to know that does not matter.

“Without labeling, consumers who want to avoid irradiated foods will be misled. Without specific labeling, consumers who do choose irradiated foods will also be misled because the end product may not be irradiated, which may have other food safety implications.”

— Dr. Urvashi Rangan

In reality, using irradiation early will remove any benefits that irradiation could offer, because there is a high chance for re-infection, and yet the food will still have all of the radioactive disadvantages. The Consumers Union is campaigning against this; testifying that

consumers have the right to choose if they eat irradiated foods or not. Cooked meats are currently not permitted to be irradiated (such as hot dogs), and neither are organic foods.

There are natural alternatives to irradiation, but they are being neglected. Prunes kill *e. coli* in beef, while a trace amount of cinnamon does the same thing in juices, according to studies from the early part of this decade. Additionally, ginkgo biloba is deadly to listeria, the bacteria that caused the 1998 poisonings. A trace amount of grape seed extract is toxic to practically every bacterial pathogen, yet it is as non-toxic to humans as it is tasteless. The same is true for colloidal silver, which by the way, is documented to kill all single cell pathogens (i.e. everything). Of course, salting and smoking have always been excellent for food preservation. There is also the technique of vacuum sealing.

Instead, and for the past 20 years, the food industry has been fighting consumer interest groups over irradiation, and resisting any push for them to literally clean up their act. Fortunately, the industry has been too afraid of public outrage to make huge investments in food irradiation.



Showing the *benefits* of radiation exposure: Children like this are being born in record numbers in Iraq and Afghanistan, due to depleted uranium shells and bullets used by the U.S. Military. The U.S. Government knew that this would happen, and that it would continue happening until the end of time, but chose to bombard those nations with radioactive munitions anyway. By the way, this was one of the least horrific cases.

“After Sept. 11, in the States, people were suddenly very concerned with food safety and the food supply... That’s when food irradiation came up.”

— Wendell Joyce

When people are afraid, many of them are willing to give up everything to feel safe again.

Whether that be their constitutional rights, their privacy, or their right to choose between what is good and bad for their health. It is almost instinctual to try and rely on others whenever we are afraid, but these companies, and this government has been very undeserving of this trust. In this case of irradiation, it is apparent that the events of 9-11 were exploited as a method of

manipulating regulators into submitting to something that had been previously inconceivable.

The recent scares with spinach, tomatoes, jalapenos and peanuts will all be used to satisfy the same agenda. Media sources have been aggressively magnifying the stories of food poisoning, to the point where everyone is afraid to eat fruits, vegetables, nuts, and almost anything except Doritos and cake. All of this — in the name of health safety — no less. *E. coli* found in spinach, during 2006, was first reported as being on organic spinach, but it was soon revealed that organic spinach did not contain *e. coli* — only chemically grown spinach did.

These scare tactics have been constant, and they will continue until the public shows that it will not respond to these fear messages. Undoubtedly, more food scares will be blown-up before we see irradiated “fresh” produce available at the average supermarket.



# TRANSFORMERS: DOCTORS IN DISGUISE

## FUD: Fear, Uncertainty, and Doubt (How The Health Care Information War Is Fought At Our Expense)

There is an information war over our health care, and as with all wars, the first casualty is the truth. There are business groups in this war who willfully place public health in jeopardy for the sake of profit. This report cites one of the actual cases of health disinformation.

Groups within the medical establishment are viciously attempting to discredit and spread fear about alternative medicine in order to eliminate the competition. They are not acting to protect our health, but are making certain that the competition is discredited, even if that means fabricating facts and calling it "science". The deception exposed in this report is in no way uncommon. It is business as usual; and as a historical reference, the A.M.A. spent decades telling us to avoid vitamin C, and that the chiropractors who were promoting it were just medical quacks.

Whilst researching on the Internet, I came across a website that held the appearance of being dedicated to women's health issues. It was called "Women's Health Questions" ([www.womens-health-questions.com](http://www.womens-health-questions.com)).

Focusing on pregnancy and nursing, the website contended to be the definitive all-in-one guide. All the same, the advice seemed ignorant at best.

They recommended that pregnant women take fish oil supplements as the preferred source of omega-3, even though it is known that the safest source of omega-3 is derived from flax seed oil. This is despite admitting (using the F.D.A. as their source) that there is a high risk of contaminants (like mercury) with routine intake of fish oil, which are known to attack the brains of infants.

There are many sources of omega-3, including most nuts; and flax seed oil in particular, releases large amounts of it during digestion. Flax seed oil, when properly manufactured and stored, is the best source of omega-3s, because it provides the raw materials for a body to synthesize exactly the amount of omega-3s that it needs. However, this site presented flax seed oil as a dangerous substance, and one that should be avoided at all costs. For instance, the authors wrote:

**"Warning: Your doctor will probably say, do not take flax seed oil during pregnancy. Don't try to get omega-3 that way. Get it from fish oil instead."**

They justified this position by using a single study from 2008, which claimed that flax seed oil increases the risk of

premature births. (No mention was given if these were born healthy or were truly at-risk premature births.) These same researchers found that this risk did not appear in people who merely consumed raw flax seeds, which suggests that rancid (rotten) oil had been used in their study. It is known that flax seed oil quickly becomes rancid (even cancer-causing) when it is exposed to heat and light, so the consumers of flax seed oil usually get it cold-pressed and in individual capsule form. Fish oil may equally go rancid if mishandled, so there is no extra

safety from using it.

Unsurprisingly, the researchers did not provide any explanation for the massive contradiction in results between flax seed oil supplements and flax seed consumption. If this had occurred with a pharmaceutical, then these results would have subsequently been dismissed as invalid data; but



it served their purpose in this case. This is the sort of *science* that is effectively used as a scare tactic towards the use of vitamins and supplements, and gives further reasons for them to be regulated by the very industry which is threatened by their use. It appears that these *helpful* people simply went data shopping to get the 'scientific' result that they had wanted all along. Of course, they also failed to mention the libraries of studies which show flax seed oil to be a safe supplement.

Maternity forums are full of women who are worried about the safety of flax seeds and flax seed oil whilst pregnant, resulting from this fear spreading by the medical profession. Fortunately, there seems to be consistent well-informed replies. Pregnant women can, and safely do use flax seed oil as a source of fiber and omega-3. Taking 500 mg. of flax seed oil supplements each day (the standard dose) causes no problems, and reduces some unpleasant pregnancy experiences.

Unsurprisingly, the same website gave repeated warnings about vitamins and supplements:

**“Talk to your doctor. Be very careful to avoid most herbs and supplements when pregnant or nursing. Most moms only take prenatal supplements and the best quality fish oil pills. Always get the advice and approval of your doctor before taking any supplement during pregnancy, breastfeeding or when experiencing pregnancy symptoms.”**

Read that again. They actually commanded their readers to get permission from their doctors to use supplements, even though doctors do not learn anything whatsoever about herbs in medical school. What then, makes them more competent in the safety of herbs and supplements than you? The warning belittles the reader, under the guise of providing information about what “most moms” do. The result is a disillusioned woman, who feels alone in her desire to ensure proper nutrition for her unborn child, which may be, and almost certainly is; contrary to her doctor's advise. Like a child, the mother is told to ask for approval from her doctor; as if she does not have the freedom or the intelligence to choose for herself. None of this behavior is unusual from the medical establishment, but



Meet Freddie Astbury. Can you see how happy he is that his mother got the “advise and approval” of her doctor to give him the drug Thalidomide whilst he was still inside her womb? Take a hard look at Freddie and remind yourself that the people who did this to him are trying to prevent you from using flax seed oil — for *safety* reasons.

this was supposedly just an independent website with alternative information. Our research indicated that it was not so independent after all, and we were hardly surprised. Nevertheless, it continued:

**“This recommendation was published in the respected Journal of the American Medical Association (JAMA)... Unfortunately, some supplement sellers make unsubstantiated medical claims about their products... *Only buy supplements from companies that are pharmaceutical GMP compliant. These companies follow tight regulatory standards. Buyer beware - dietary supplements are not tested or regulated in the United States.*”**



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corriher@NaturallyGoodMagazine:~ <2>

[corriher@NaturallyGoodMagazine]$ whois Womens-Health-Questions.com
[Querying whois.internic.net]
[Redirecting to whois.tucows.com]

Registrant:
Contactprivacy.com
96 Mowat Ave
Toronto, ON M6K 3M1
CA

Domain name: WOMENS-HEALTH-QUESTIONS.COM

Administrative Contact:
contactprivacy.com, womens-health-questions.com@contactprivacy.com
96 Mowat Ave
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CA
+1.4165385457

Technical Contact:
contactprivacy.com, womens-health-questions.com@contactprivacy.com
96 Mowat Ave
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By this point, we have a very clear picture on the sort of advise that this website offers: Take fish oil made by pharmaceutical companies... but don't really concern yourself about the mercury... don't take flax seeds... don't do anything without a doctor's approval... only buy supplements from pharmaceutical companies... and only trust the medical establishment.

Here is what I found at the GMP-Compliance website which was hosted by the European Compliance Academy:

*"It [the license] was established to facilitate the move towards a harmonized set of GMP and regulatory guidelines by supporting the Pharmaceutical Industry and Regulators through providing information on and interpretation of new or updated guidances."*

It could not be more specific. This betrays their collusion with the pharmaceutical industry, and therefore, there is massive conflict of interest when you buy herbs from one of these licensed companies. Herbs are cheap, and you can even grow them yourself. They are a huge threat to the health-care industry, and in particular; the pharmaceutical alliances whose advertising floods every area of our life today. All of this would seem unimportant if this website were alone, or merely uninformed, but this is not the case. These exact quotes can be found on the F.D.A. (Food and Drug Administration) and A.M.A. (American Medical Association) websites.

The Naturally Good Magazine Staff decided to look-up the registration information for the site (womens-health-questions.com). As you can see from the photo, all of the registrant information directs to a 3rd party named "contactprivacy.com" in a bid to obscure their true identity. Only a website which is doing something unethical attempts to hide who they are. In this case, it is obvious that "Women's Health Questions" is actually just another site designed to promote the medical establishment amongst those seeking alternative advise, while spreading fear, uncertainty, and doubt about alternative medicine. If it were well-known that they had a monopoly over many of these websites, the respect of the medical industry would be further tarnished. Of course, we believe that being linked to the allopathic health care system is already plenty to be ashamed of.

Due to the amount of contradictory information out there surrounding pregnancy health care, the Naturally Good Magazine Staff makes the following pregnancy recommendations:

- Take large amounts of daily flax seeds or use a flax seed oil supplement. (Do not use fish oil.)
- Take folic acid supplements
- Zinc supplementation in the form of zinc gluconate. (Not zinc oxide - Read the ingredients.)
- Vitamin C Supplements (More on this later, and the strong relationship to S.I.D.S.)
- Take a Vitamin B Complex supplement (Vitamin B deficient mothers produce fatter and unhealthier children, especially boys)
- Avoid pharmaceutical anti-depressants, as these are known to have long-term implications for unborn children.
- Avoid exposure to hairspray. (Birth defects in boys)
- Take a food-based multivitamin found in most health stores
- Avoid cosmetics (especially lipstick - typically lead based)

## Tales From The Big House: What A Prison Sentence Really Means

First Reported by the Idaho Observer. Reprinted by permission from Randal Steen.



**Randal R. Steen**, 48, was a union journeyman millwright by trade. He is the father of four children and four grandchildren. He was sentenced to 15 years in prison for a non-violent drug offense. The greatest tragedy of Steen's story is that he did not actually sell, use, or produce illegal drugs. His went to prison for refusing to cooperate with the prosecution of his son. Steen was a father willing to sacrifice himself to save his son, who was the guilty party. Prosecutors were all-to-willing to charge Steen, since high conviction numbers are their priority, and because appearing to fight "the war on drugs" is great fodder for political campaigns. Justice is not a part of the judicial equation in such cases, and "the war on drugs" is too often used to mask a war against the Bill of Rights. For example, the search warrant which supposedly granted the police permission to begin their search was issued 2 days after his arrest, and we'll let that speak for itself. The fact that both a judge, and a jury, were apparently okay with all of this sadly testifies about what has befallen our liberties and the inheritance of the founding fathers.



**When I was sent to prison, the judge mentioned just the length of my sentence. Had he included the entire scope of my punishment, he may have said it differently:**

“Mr. Steen, I sentence you to take responsibility for every social ill — past, present and future. Each time America runs out of foreign enemies, it apparently turns on itself to find more. By way of media, politics and indifference, people who break the law, good law or bad, become those enemies and are then responsible for every social malady. Whether this is logical, you are the culprit.

“You are sentenced to live in a maladaptive, alien environment that defies description. You'll be stripped of your work skills, your self-worth and your humanity while at the same time face the daily threat of assault, rape, false accusations and unjustified punishment. You will live like this for the next 15 years. If you manage to re-enter society as a productive person, some will say prison was just what you needed. If not, others will say ‘I told you so’.

“Because of counterproductive prison policies, you are sentenced to live in a world of cruelty and indifference that perpetuates the very behavior it purports to alleviate. If you share this with those outside of the prison system, you will be called a liar, most won't believe that \$millions are spent on the proliferation of facilities that perpetuate harm, not repair it.

“You are sentenced to consume \$150,000 to \$600,000 in taxpayer dollars for your prison stay. While lawmakers cite the ever-growing cost of incarceration as a public necessity, you will learn that 10% of that amount goes towards your daily needs, while the other 90% pays for a bloated prison bureaucracy immune from any cost-benefit analysis. These tax dollars will be siphoned from school programs, child care, and job training — all of which do make communities healthy and safe and save \$millions in the process. Despite the media frenzy that portrays society seething with crime, you'll learn that relatively few prisoners represent a danger to our communities. We're mad at most felons: not scared of them. So, you'll wonder why the majority of prisoners aren't on home arrest, a logical move that would save millions of dollars and obviate the need for more prisons.

“Practical education programs, universally proven to drastically reduce recidivism, will be almost nonexistent. In fact, you will be disciplined for possessing more than 10 books. Therefore, you will live in an environment where

recidivism is tacitly encouraged — a fact not lost on those who want to run prisons for a profit.

“It is true that there are some counseling programs in prison and some people will benefit from them. Yet, if you attempt to describe the futility of a therapeutic environment placed within an atmosphere of people with dehumanizing policies, you will be told that your intentions are distorted and without merit.

“You are sentenced to bear the wrath of a misinformed society. While you're experiencing everything I just said, you will be told how easy you have it. The media will find your Christmas meal more news-worthy than the damage caused by law-makers who jostle for the next ‘get tough’ policy at the expense of society's well being. Your privilege to have this once-a-year meal will be presented as so outrageous, a debate will ensue over which ‘luxury’ to take away next. Politicians will focus on violent sociopaths and pronounce their horrific crimes as a yardstick to measure the innate danger and incorrigibility of all law-breakers, including you.

“Finally, as perhaps the most perverse component of your sentence, I hereby prohibit society from ever listening to you. Your comments on crime and punishment will be ignored. You, as well as others, will see the big picture, but few will care about the politics of crime and its role in our growing prison population. You will know that most prisoners are guilty of breaking the law, but only a few need to be separated from society. You will know that it is the reporting and sensationalism of crime that has skyrocketed; not crime itself.

“Unfortunately, though, you will one day return to society with firsthand knowledge of our prison system. Few will care. Most see only the door leading into prison — not the one leading out.

“Therefore, if your opinion ever gets printed in a newspaper, you will not only be perceived as just another law-breaker unable to accept the consequences of his actions, but of being manipulative as well. Society will know this to be so because you broke the law.

“You are hereby sentenced to be a messenger whose message will be forever perceived as tainted, self-serving and disingenuous; regardless of veracity and accuracy.

“No one will believe you.

“You have been sentenced to be a criminal.”

# Amerika: The Land of the Lost

By Paul Ferris



**Socialism** (soh'·shuh·liz·uhm) noun

1. Any of various theories or systems of social organization in which the means of producing and distributing goods is owned collectively or by a centralized government that often plans and controls the economy.
2. The stage in Marxist-Leninist theory intermediate between capitalism and communism, in which collective ownership of the economy under the dictatorship of the proletariat has not yet been successfully achieved.

— The American Heritage Dictionary



“A wise and frugal government, which shall restrain men from injuring one another, which shall leave them otherwise free to regulate their own pursuits of industry and improvement, and shall not take from the mouth of labor the bread it has earned. This is the sum of good government, and this is necessary to close the circle of our felicity.”

— Thomas Jefferson

## Sacrilege Warning

Warning dear readers, I'm about to potentially offend any nostalgic feelings you may have pertaining to something you may hold dear — especially if you were raised around the time I was, a time when watching schlock Saturday Morning T.V. was the only thing to do. For the younger readers: there was a time when you couldn't use a game system or surf the web to shed some spare time as a wasted youth. Oh, and the “wasted” here isn't referring to any drugs, it's more a concept of wasting time.

The hallowed ground I'm about to disturb is the old Saturday morning T.V. show, “Land of the Lost” — an epic series by Sid and Marty Krofft (infamous creators of H.R. Pufnstuf). Like disco, some things about the 70's were really, really bad, but for whatever reason, a whole



generation embraced them, and they became embedded as memes in our subconscious. Like bad subroutines in program code from the collective mind of the mainframe that runs the Zeitgeist, every once and a while, you stumble upon a whole batch of things that don't add up — or rather shouldn't, but there they are.

Hollywood, in its infinite lack of creativity, has decided that 2009 is the year to do a remake of “Land of the Lost” as a full-length feature film. You read a lot of fan complaints from people who are upset with Hollywood stuff like this. They get upset primarily because the people that do the rewrites take a favorite book or comic to make it into a film, and along the way, get some obscure fact wrong in the process. In really bad cases, the writers end up driving all over the material so badly that no one can even recognize the connection to the original. For a good example of this, see the latest remake of the “Planet of the Apes” — if you can sit through it without heaving that is.

This isn't a complaint along the lines of the above —

this is pretty much the opposite.

I'm thinking, when it comes to things like "Land of The Lost", the opposite is true. Some things were meant to die, and "Land of the Lost" was a seriously bad piece of television. It was so bad that my brothers and I would watch it only if all other entertainment possibilities were lost. Like we had checked all other channels (the count was 2 other channels on T.V. in mid-Missouri during the 70's, by the way) and say, horribly amateur mid-Missouri wrestling was on one channel and a farm report was on the other: but I digress.

"Land of the Lost" was putrid. The acting was bad, the



So much bail-out money makes Will feel faint.

props were bad, the writing was bad — even the opening sequence effects looked like they were shot by a 3rd grader in his garage. Remaking this is on the order of a remake of "Starky and Hutch". Yeah, I know, they remade that too. Complicating this badness and gut-reflex remake mentality, they *updated* the series in all of it's sad, pathetic glory — and made new episodes in the early 90's in time for my son to watch it. Now he too has bad memories of the show in his subconscious to match the ones in mine.

But back to my original point: Hollywood can't seem to embrace any kind of creative new idea — they always seem to revisit crappy second-rate old ones. Why is this? I'd bet that one reason is that there's a certain amount of nostalgia that will drive people into a theater to waste at least 10 good dollars and 2 hours of their time — even if that means they're going to be mind-numbingly insulted at an intellectual level. Another reason: it's such a safe bet to do this that the cash for the venture is easier to raise than for some new film idea

or plot that no one else has ever tried.

## The Government and Our Economy: The Land of The Losers

Which brings me to the subject of our government as it pertains to our present economic situation. You knew I was going somewhere with all of this toward the automotive industry and our government, didn't you? You didn't? Sorry!

The Land of the Lost is fractal image of what's wrong with our culture as a whole. We have become more enamored with backing schlock things that have a marginal success ratio, rather than trying new things that haven't been tried, but which have much higher payouts if they succeed, along with higher risks.

Let's revisit a recent "bail-out" request to Congress. Here we had the big three, appearing in front of Congress, hands outstretched, and essentially saying, "Help! A bunch of jobs are going to be lost if we go down!" What's wrong with this picture? How about the fact that GM is paying their C.E.O. in excess of 14 million dollars (That's a 14 with 6 zeros behind it.) Even assuming worse than reported conditions — say an average line worker is taking home 140k a year, the guy who is in front of Congress, is like a kid asking for an allowance, all the while making 100 times (likely 150 times) more than what his line workers make. Yeah, lots of things are wrong with this picture. For one — GM is a manufacturing company, where 100 to 150 line workers in this day and age with some decent automation



Alan Mulally, Ford C.E.O., is all smiles at the congressional hearings. You'd be smiling too.

can likely produce quite a lot of product. Where were these job-concerned CEOs for the past 20 years? Were they all that worried during that time about jobs and local economies while they were shipping local work to other countries? What about the bonuses they were giving themselves for the money supposedly saved from that activity?



I'm not going to suggest, in this context, that these CEOs were doing anything illegal. Heck, our government has even gone so far as to make the climate balmy for such things, and encourages people to move their factories out of America. No, I am going to say it was, however, immoral. The people that built GM were more than the executives — the workers, at the end of the day, good or bad, working on good or bad cars — those people are owed something when it comes to the success of the company.

By the way, in case you think this is a one-sided view — I'm not a big fan of what the Unions were doing in this transaction. I do think that if a company is successful, then workers should share in that success. They shouldn't find their jobs gone one day to another country where the pollution controls, compensation, and human rights don't align with what counts as acceptable in America. The workers who helped GM to be successful should share in that success. Similarly, in bad times, they should willing take a pay cut — all the way up to the CEO, who should recognize that he's not worth 100 to 150 line workers.

Can he get paid this amount? Sure! Is it legal? Sure. Is it ethical? No — in this light and economic climate especially, you'd be hard pressed to find someone who can justify this kind of imbalance.

## America: The Land of the Ethically Challenged

I'd love to say that the answer is regulation, but in this case, I'm not sure exactly what can be done about it. Our news system is fundamentally broken in a similar fashion — what's popular in the news is what's the most profitable. Even if it's not what we need to hear. The news networks often appear to pander to the corporate sponsors more than to the needs of the populace.

The auto industry is facing a multitude of impasses. In this dimension, the guys at the top (all ready to work for just one buck now that they've been caught with their pants down), obviously aren't all that accountable for their failures.

Some people want to compare the automotive bailout to the banking bailout as a justification. Two wrongs in this case definitely don't make a right.

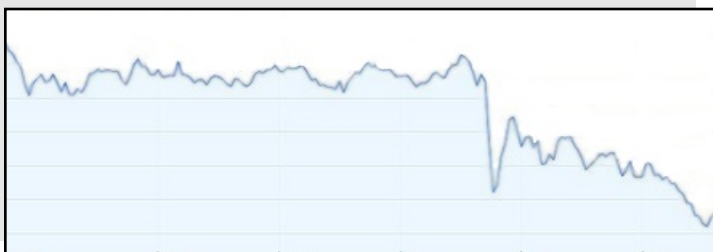
Speaking of accountability, we need to revisit the SEC.



**“Chaka no understand.” — Dr. Rick Marshall tries one last time to explain to Chaka that the bail-outs only apply to the corporate elite and the banking aristocracy.**

These people were supposed to be watching out for things like Ponzi schemes and have supposedly audited Madoff's company 8 times in the past 16 years. It's clearly time for some people that were supposed to be doing regulatory duty to go to jail. It is time for Congress to recognize this for what it is — we are facing a moral crisis of Biblical proportion. These people (the SEC) were supposed to be the watchdogs of the industry. Given what's taken place, they were obviously not doing their job.

Bail-outs? Some victims of the Madoff Ponzi scheme want the government to bail them out. Banks are going down, charities are going down — all kinds of things are going down in the face of the Madoff scandal — but let's not have our government go down with it. The more I see of bailouts, the less I see value, and the more I wonder why our government is rewarding bad judgment and leadership.



"If the American people ever allow private banks to control the issue of their money, first by inflation and then by deflation, the banks, and corporations that will grow up around them, will deprive the people of their property until their children will wake up homeless on the continent their fathers conquered."

— Thomas Jefferson

## Let's Not Remake "Land of the Lost"

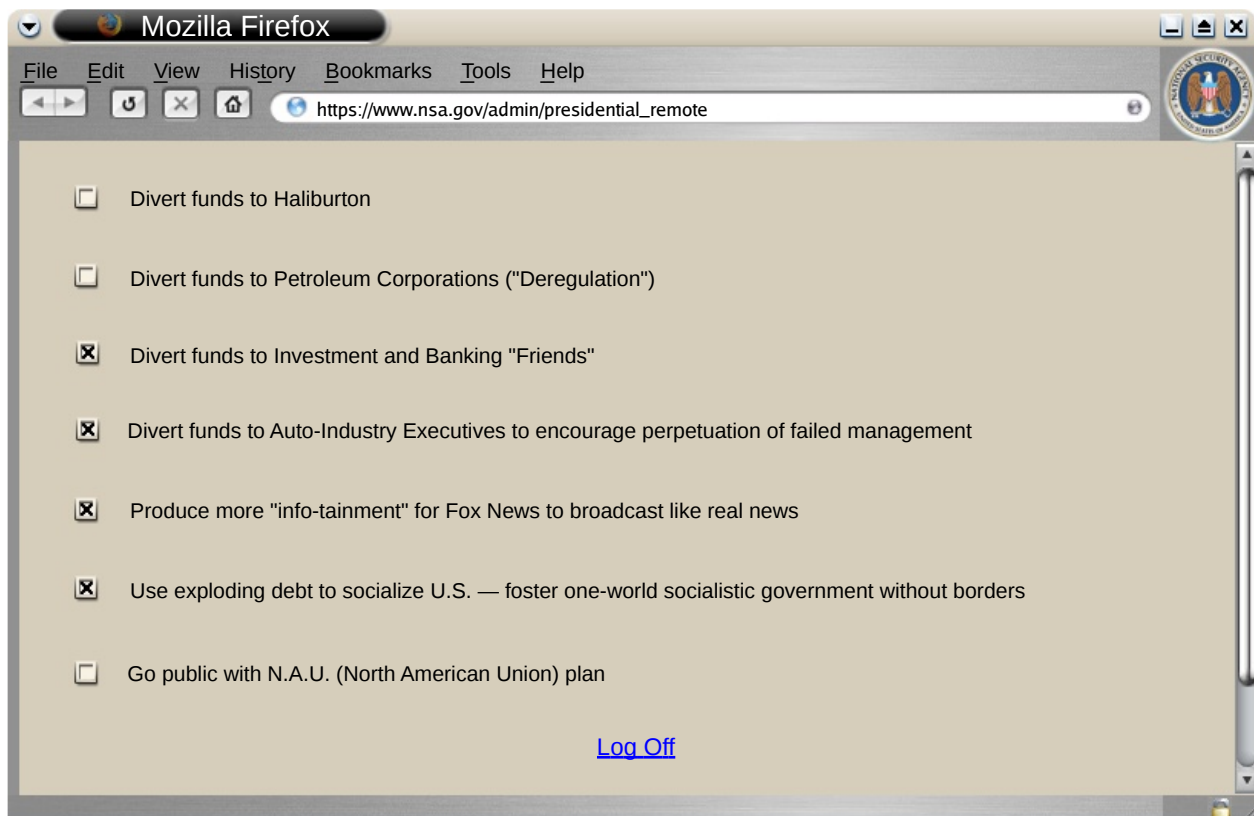
In these trying times we shouldn't be bailing out banks, Ponzi schemes, or auto companies. Our government shouldn't be thought of as a system that provides life support to dying ventures. I think this is flawed thinking and corporate welfare — worse, they're taking money from the taxpayers at the bottom to fund the bad ideas in a big, bad way. Like a remake of "Land of the Lost", it's cash being spent on the remake of a bad idea.

Maybe, like all bad ideas, some things are meant to die.

Let's not remake America into a land of the lost. If we're going to put some investment into something, we need to take some risks on creative new ideas.

About Paul Ferris  
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Paul Ferris is a Linux Community member with over a decade of experience implementing the technology in enterprise settings. He has been extremely involved in efforts to build the Linux Community in the Ohio region. Presently, Paul Ferris is a Technology Director for Rosetta corporation. His technical expertise and team-building skills are utilized managing a talented group of engineers that supports and manages on-line commerce infrastructure for multiple fortune 500 clients.





# Kurt Needs Our Help

Kurt Danysh was an outgoing 18-year-old boy, whose troubles began when he was placed on Prozac by a doctor who performed no psychological testing. The teenager quickly became withdrawn, and his emotional instability tailspinned as he became reckless and violent. The rapid drug-induced deterioration of his mental health continued, placing him in a fight with his best friend, and he later intentionally crashed his truck into a stone wall. This era of Kurt's life tragically ended with him fatally shooting his father only 17 days after his first dose of Prozac.

**"I was on Prozac. It's supposed to calm me down, and like level me out, but since I got on it, when something bothers me, it bothers me to [the] extreme. I just act differently. I don't have the energy or personality I used to. I spend half the time in a trance. I didn't realize I did it until after it was done, and then I realized it. This might sound weird, but it felt like I had no control of what I was doing, like I was left there just holding a gun."**

- Kurt Danysh, police confession

Kurt had no prior history of violence. Prozac had distorted both his thinking and his behavior, but the court ignored these facts. It sentenced Kurt to 22.5 to 60 years inside a maximum security prison. He has been incarcerated at SCI Frackville Prison in Frackville, Pennsylvania, since 1996.

Eight years into Kurt's conviction, the FDA finally admitted that SSRI antidepressants such as Prozac cause suicidal and violent behaviors, particularly in adolescents and children.

Since then, it has been revealed that Eli Lilly & Co. (the makers of Prozac) covered-up its own data from 1988, which linked Prozac to violence. No disciplinary action was taken against the pharmaceutical corporation.

Kurt has gained his GED and a paralegal degree whilst incarcerated, and has launched the SAVE campaign (Stop Antidepressant Violence from Escalating) in the hope of saving other children from his fate. When he is released from prison, he intends to help other victims of psychiatric SSRI drugs. Kurt is not alone in his battle against these psychogenic medications, but in order for this sort of injustice to be corrected, the first step is releasing Kurt from prison. While he found a lawyer willing to represent him, neither Kurt, nor his mother have the funds necessary for Kurt to obtain his rightful freedom. We need to raise a bare minimum of \$7,500 in order for Kurt to retain a lawyer willing to begin the process.

If you are able to donate any amount into the Kurt Danysh Legal Aid Fund, please make the payee of checks and money orders to his legal advocate, Martha Lacross, and mail them to:

Kurt's Legal Fund  
c/o Naturally Good Magazine  
142 Redwood Drive  
Mocksville, NC 27028

<http://kurtdanysh.com>

